

50 TRADITIONAL RECIPES



FROM UKRAINE

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Introduction



A Journey Through Ukraine's Culinary Traditions

Ukrainian cuisine is a rich tapestry of flavors, shaped by centuries of tradition, cultural influences, and the bounty of its fertile land. This cookbook invites you on a delicious journey through the heart of Ukraine — from cozy breakfasts in Carpathian villages to festive desserts on the Dnipro banks.

Seasonal Flavors and Regional Diversity

Ukrainian cooking is deeply seasonal. In summer, meals are light and fresh — think cold beet soup (kholodnyk) and fruit dumplings (varenyky with cherries). Winter brings hearty dishes like borscht, roasts, and braised cabbage, perfect for warming up after a snowy walk.

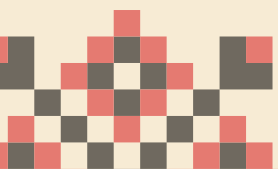
Each region of Ukraine has its own twist:

Western Ukraine is known for its Hutsul and Galician flavors, including mushroom-based dishes and poppy seed pastries.

Central Ukraine shines with its traditional borscht and dumplings.

Southern regions add in a bit of Mediterranean flair with sun-drenched produce and seafood.

Eastern Ukraine offers robust, meaty meals and rich stews.



The Ukrainian Table: A Culinary Ritual

A traditional Ukrainian meal often starts with a soup (like borscht or kapusniak), followed by a main course of meat or fish with grains or potatoes, and ends with kompot (fruit drink) or a sweet dessert like medovyk (honey cake) or pampushky (fried donuts).

Food is more than sustenance — it's hospitality, celebration, and care. Guests are always welcome at a Ukrainian table, and “try a little of everything” is practically a rule.

A Taste of History

Ukraine's culinary history reflects its complex past.

- Mongol invasions introduced certain spices and meat-preserving techniques.
 - Austro-Hungarian rule brought refined pastries and structured meals.
 - Polish, Turkish, and Russian influences left their marks on everything from pickling traditions to baking methods.
- Yet through all the changes, Ukrainian food has remained deeply rooted in local produce, homemade traditions, and a love for comfort and community.



Breakfasts



A Cozy Start to the Ukrainian Day

Ukrainian breakfasts are all about warmth, comfort, and nourishment. Whether it's a quick cottage cheese pancake before heading to the fields, or a long, lazy Sunday with fresh bread and eggs, breakfast sets the tone for the day.

You'll find a variety of textures and flavors:

- creamy porridges with butter and jam,
- crispy potato pancakes,
- fluffy syrnyky topped with sour cream or berries,
- hearty egg dishes with fresh herbs,
- and even soup — yes, Ukrainians may start the day with a light broth or cold beet soup in summer.

Tradition blends with seasonality. In winter, semolina porridge with honey warms the soul. In summer, it's all about curd with fresh berries, milk-based soups, or fruit-filled dumplings.

Each Recipe Includes:

- Prep & Cook Time
- Level of Difficulty
- ★☆☆ Easy
- ★★☆☆ Medium
- ★★★ Challenging
- Regional Notes (if any)
- Ingredient Swap Tips
- Storage Suggestions (when applicable)

Syrnyky

(Cottage Cheese Pancakes)



Time: 25 min | Level: ★☆☆ Easy | Region: Nationwide

Description:

Soft and golden on the outside, tender inside — syrnyky are a Ukrainian breakfast classic, often served with sour cream, jam, or honey.

Ingredients:

300 g cottage cheese (or ricotta)
1 egg
2–3 tbsp sugar
A pinch of salt
3–4 tbsp flour (+ extra for dusting)
Oil for frying

How to make it:

In a bowl, mash the cottage cheese, add the egg, sugar, salt, and flour. Mix until smooth.
Shape into small patties and lightly coat them with flour.
Heat oil in a pan over medium heat.
Fry on both sides until golden brown (about 2–3 minutes per side).
Serve warm with sour cream, jam, or honey.

Mannaya Kasha

(Semolina Porridge)



Time: 10 min | Level: ★☆☆ Easy | Region: Nationwide

Description:

A creamy childhood favorite, this porridge is comforting and fast — especially with a touch of butter or jam.

Ingredients:

2 cups milk (or milk + water combo)
2-3 tbsp semolina
1-2 tsp sugar
A pinch of salt
Butter to serve

How to make it:

Heat the milk until it starts to boil.
Slowly pour in the semolina while whisking continuously.
Add sugar and salt.
Cook for 3-5 minutes, stirring constantly, until thickened.
Serve with a pat of butter, jam, or fresh berries.



Deruny

(Potato Pancakes)



Time: 30 min | Level: ★★☆☆ Medium | Region: Poltava, Volyn

Description:

Crispy potato pancakes with a soft center — perfect with sour cream or garlic sauce.

Ingredients:

5 potatoes
1 small onion
1 egg
2–3 tbsp flour
Salt and pepper
Oil for frying

How to make it:

Grate potatoes and onion finely.
Squeeze out excess liquid. Add egg, flour, salt, and pepper.
Heat oil in a frying pan.
Drop spoonfuls of batter and flatten into rounds.
Fry until golden on both sides (about 3–4 minutes per side).
Serve hot with sour cream or herbs.

Hrechana Kasha

(Buckwheat Porridge)



Time: 15 min | Level: ★☆☆ Easy | Region: Central & Eastern Ukraine

Description:

A simple, nutritious start to your day. Serve sweet or savory depending on your mood.

Ingredients:

- 1 cup buckwheat
- 2 cups water or milk
- A pinch of salt
- Butter to serve

How to make it:

- Rinse buckwheat and place in a pot with water.
- Add salt and bring to a boil.
- Lower heat, cover, and simmer for 10–15 minutes.
- Let sit covered for 5 minutes.
- Serve with butter, milk, or honey.

Nalysnyky with Cheese

(Ukrainian Crepes)



Time: 35 min | Level: ★★☆☆ Medium | Region: Western Ukraine

Description:

Thin crepes filled with sweet cottage cheese — elegant and homely. Can be baked or served as-is with sour cream.

Ingredients:

Crepe batter:

2 eggs
250 ml milk
100 g flour
1 tbsp oil
A pinch of salt

Filling:

250 g cottage cheese
1 egg yolk
2 tbsp sugar
Vanilla or lemon zest (optional)

How to make it:

Mix all crepe ingredients into a smooth batter and let rest for 10 min.

Cook thin crepes in a nonstick pan.

Mix filling ingredients together.

Place 1–2 tbsp of filling on each crepe and roll into tubes.

Serve immediately or bake in a buttered dish for a warm version.



Kulish

(Millet Porridge with Bacon and Onion)



Time: 30 min | Level: ★★☆☆ Medium | Region: Cossack heritage

Description:

A hearty field porridge made by Ukrainian Cossacks — savory, smoky, and satisfying.

Ingredients:

1 cup millet
1 small onion
100 g smoked bacon or salo
3 cups water
Salt and pepper



How to make it:

Rinse millet under warm water.

In a pot, bring water to a boil, add millet and cook on low heat for 20 minutes.

Dice bacon and onion. Fry together until golden.

Add the bacon-onion mix into the porridge, season with salt and pepper.

Simmer for another 5–10 minutes until thick and creamy.

Lazy Varenyky

(Quick Cottage Cheese Dumplings)



Time: 20 min | Level: ★☆☆ Easy | Region: Nationwide

Description:

All the taste of varenyky with half the effort. These pillowy cheese dumplings are beloved by kids and adults.

Ingredients:

300 g cottage cheese
1 egg
3–4 tbsp flour
1 tbsp sugar
A pinch of salt
Sour cream to serve

How to make it:

Combine all ingredients into a soft dough.
Roll into a rope and cut into bite-sized pieces.
Bring water to a boil, add a pinch of salt.
Drop the dumplings into boiling water and cook until they float (about 3 minutes).
Serve with sour cream, jam, or melted butter.

Zapechena Yabluchna Kasha (Baked Apple Oatmeal)



Time: 35 min | Level: ★☆☆ Easy | Region: Carpathians

Description:

A warm, spiced, naturally sweet oatmeal with apples — perfect for slow mornings.

Ingredients:

- 1 cup rolled oats
- 2 apples (peeled & chopped)
- 2 cups milk (or plant milk)
- 1 tsp cinnamon
- 1 tbsp honey or sugar
- A pinch of salt

How to make it:

- Preheat oven to 180°C (350°F).
- Mix all ingredients in a baking dish.
- Bake uncovered for 30–35 minutes, until golden and set.
- Serve warm with extra honey or yogurt.



Pampushky with Jam

(Mini Fried Buns)



Time: 1 hr | Level: ★★★ Hard | Region: Central & Northern Ukraine

Description:

Soft, airy mini doughnuts filled with homemade jam — best warm, dusted with powdered sugar.

Ingredients:

250 ml warm milk
2 tbsp sugar
1 egg
1/2 tsp salt
2 tsp dry yeast
400 g flour
3 tbsp oil
Any thick jam
Oil for frying

How to make it:

Dissolve yeast and sugar in milk. Let sit 10 min.
Add egg, salt, oil, and flour. Knead into soft dough.
Let rise for 1 hour.
Roll out and cut circles. Place jam in center, seal edges.
Fry in hot oil until golden.
Dust with powdered sugar and serve.
Serve warm with extra honey or yogurt.

Banosh

(Creamy Cornmeal with Cheese & Mushrooms)



Time: 30 min | Level: ★★☆☆ Medium | Region: Hutsul, Carpathian Mountains Ukraine

Description:

A creamy, comforting dish made from cornmeal and smetana (sour cream), often topped with brynza cheese and fried mushrooms.

Ingredients:

1 cup fine cornmeal
2 cups water
1/2 cup sour cream
Salt
100 g brynza (or feta)
100 g mushrooms (optional)

How to make it:

Bring salted water to a boil. Slowly add cornmeal while stirring.

Add sour cream and reduce heat.

Stir constantly until thick and smooth (15–20 min).

Fry mushrooms if using.

Serve banosh topped with crumbled cheese and mushrooms.

Nalysnyky

(Ukrainian Filled Crepes)



Time: 40 min | Level: ★★☆☆ Medium | Region: Central Ukraine

Description:

Thin crepes filled with sweet cheese or meat, rolled and baked with butter or cream. A versatile dish served warm for breakfast or dessert.

Ingredients:

2 eggs

1 cup milk

1/2 cup flour

Pinch of salt

1 tbsp oil

Filling: 1 cup tvorog (or ricotta), 1 tbsp sugar, 1 egg yolk

Butter for greasing

How to make it:

Whisk eggs, milk, flour, salt, and oil into a smooth batter.

Fry thin crepes on a lightly greased skillet.

Mix filling ingredients.

Place 1 tbsp of filling in each crepe, roll tightly.

Place in baking dish, brush with butter.

Bake at 180°C (350°F) for 15–20 min.



Hrechanyky

(Buckwheat Patties)



Time: 35 min | Level: ★★☆☆ Medium | Region: Western Ukraine

Description:

Hearty vegetarian or meat-filled patties made from buckwheat and onion. A great protein-packed breakfast or snack.

Ingredients:

- 1 cup cooked buckwheat
- 1 onion, finely chopped
- 1 egg
- 2 tbsp breadcrumbs
- Salt, pepper
- Oil for frying

How to make it:

- Sauté onion until golden.
- Combine buckwheat, onion, egg, breadcrumbs, salt, and pepper.
- Form small patties.
- Fry on medium heat until crispy on both sides.
- Serve with mushroom sauce or sour cream.

Rice Porridge with Pumpkin

(Ryzhanka)



Time: 45 min | Level: ★☆☆ Easy | Region: Central and Eastern Ukraine

Description:

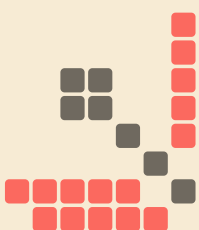
A mildly sweet porridge combining creamy rice and soft pumpkin — warm, filling, and perfect for kids.

Ingredients:

- 1/2 cup rice
- 2 cups milk
- 1 cup diced pumpkin
- 1 tbsp sugar (optional)
- Pinch of salt
- Butter to taste

How to make it:

- Cook pumpkin in water until soft, mash slightly.
- Add milk and bring to a boil.
- Stir in rice, reduce heat.
- Cook until thickened and rice is tender (30–35 min).
- Add sugar, salt, and butter. Serve warm.



Pliatsky

(Ukrainian Breakfast Flatbreads)

Time: 20 min | Level: ★☆☆ Easy | Region: Western Ukraine

Description:

Simple fried flatbreads made from flour and yogurt, often enjoyed with cheese, jam, or honey.

Ingredients:

1 cup flour
1/2 cup farmer's cheese (tvorog), crumbled
1/2 cup plain yogurt or kefir
1 egg
1/2 tsp baking soda
Pinch of salt
2 tbsp butter (for frying)

How to make it:

Mix flour, farmer's cheese, yogurt, egg, baking soda, and salt into a soft dough.

Divide into small balls, flatten into thick discs (½ inch).

Fry in butter on medium heat until golden-brown (2–3 min per side).

Serve warm with:

Sweet: Honey + crushed walnuts

Savory: Fried onions + sour cream



Zapikanka

(Cottage Cheese Breakfast Bake)



Time: 50 min | Level: ★★☆☆ Medium | Region: Nationwide

Description:

A soft, slightly sweet baked casserole made with cottage cheese, eggs, and semolina. Served warm with jam or sour cream.

Ingredients:

500 g cottage cheese (tvorog)
2 eggs
2 tbsp sugar
2 tbsp semolina
1/2 tsp vanilla
Butter for greasing

How to make it:

Preheat oven to 180°C (350°F).
Mix all ingredients until smooth.
Grease a baking dish and pour in mixture.
Bake for 35–40 minutes until golden.
Serve warm with fruit, honey, or sour cream.



Kasha z Tykvoiu i Medom

(Millet Porridge with Pumpkin and Honey)



Time: 35 min | Level: ★☆☆ Easy | Region: Southern Ukraine

Description:

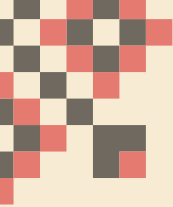
A gently sweet and creamy millet porridge, flavored with pumpkin and honey — cozy and nourishing.

Ingredients:

- 1/2 cup millet
- 1 cup diced pumpkin
- 2 cups milk (or water)
- 1 tbsp honey
- Butter to serve
- Pinch of salt

How to make it:

Cook pumpkin until soft, then mash slightly.
Bring milk to a boil, add millet and mashed pumpkin.
Reduce heat and cook for 20–25 minutes, stirring occasionally.
Add honey and salt to taste.
Serve warm with a pat of butter.



Omelet z Zelenniu

(Herb Omelet)



Time: 15 min | Level: ★☆☆ Easy | Region: Nationwide

Description:

A fluffy morning omelet with fragrant fresh herbs — simple and quick.

Ingredients:

- 3 eggs
- 2 tbsp milk
- 1 tbsp chopped dill
- 1 tbsp chopped green onion
- Salt and pepper
- Butter or oil for frying

How to make it:

- Beat eggs with milk, salt, and pepper.
- Stir in chopped herbs.
- Heat butter in a skillet and pour in the egg mixture.
- Cook on medium heat until set, fold and serve.

Yachna Kasha na Moloce

(Barley Porridge with Fruit)



Time: 30 min | Level: ★☆☆ Easy | Region: Carpathians

Description:

Creamy pearl barley porridge with fresh or dried fruits — a hearty and rustic breakfast.

Ingredients:

1/2 cup pearl barley

2 cups milk

1 tbsp sugar

A handful of raisins or sliced apple

A pinch of salt

Butter to serve

How to make it:

Rinse barley and soak for 1 hour or overnight (optional).

Bring milk to a boil, add barley and salt.

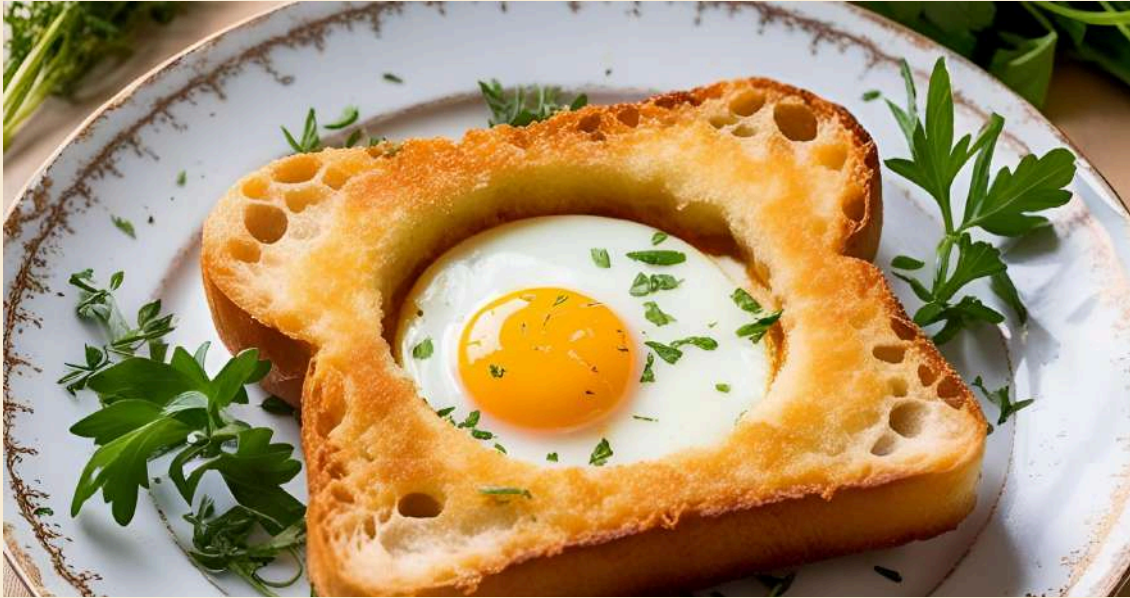
Simmer for 25–30 minutes, stirring occasionally.

Add fruit and sugar in the last 5 minutes.

Serve warm with butter.

Smazheny Khlib z Yaitsem

(Pan-Fried Bread with Egg)



Time: 30 min | Level: ★☆☆ Easy | Region: Carpathians

Description:

Crispy fried bread with egg — a fast, nostalgic breakfast also known as “egg in a hole”.

Ingredients:

2 slices of bread
2 eggs
Butter or oil for frying
Salt and pepper

How to make it:

Cut a hole in the center of each bread slice.
Heat butter in a pan and toast one side of bread.
Flip, crack egg into the hole, season, and cook until set.
Serve hot.



Varenyky z Chornytseyu

(Blueberry Dumplings)



Time: 45 min | Level: ★★☆☆ Medium | Region: Western Ukraine

Description:

Soft dough pockets filled with fresh blueberries, boiled and served with cream or sugar.

Ingredients:

2 cups flour
1/2 cup water
1 egg
1/4 tsp salt
1 cup blueberries
Sugar to taste
Sour cream for serving

How to make it:

Mix flour, egg, salt, and water into a soft dough.
Roll out and cut circles, fill with blueberries and a pinch of sugar.
Seal edges and boil in salted water until they float.
Serve with sour cream.

Molochna Zupa z Makaronamy

(Milk Soup with Pasta)



Time: 15 min | Level: ★☆☆ Easy | Region: Nationwide

Description:

A childhood classic — warm milk-based soup with soft noodles, often sweetened and served with a pat of butter.

Ingredients:

2 cups milk
1/2 cup small pasta (stars, vermicelli, or shells)
1 tbsp sugar (optional)
A pinch of salt
Butter to serve

How to make it:

Bring milk to a boil, stirring constantly to avoid scorching.
Add pasta and cook for 5–7 minutes until soft.
Stir in sugar and salt if desired.
Serve hot with a small pat of butter.

Pechene Yabluko z Medom i Horikhamy

(Baked Apple with Honey & Nuts)



Time: 25 min | Level: ★☆☆ Easy | Region: Carpathians

Description:

Fragrant baked apples filled with honey and chopped walnuts — a simple, nourishing breakfast or snack.

Ingredients:

- 2 large apples
- 2 tbsp chopped walnuts
- 2 tsp honey
- A pinch of cinnamon
- Butter for greasing

How to make it:

Preheat oven to 180°C (350°F).
Core the apples and fill with nuts, honey, and cinnamon.
Place in a buttered dish and bake for 20–25 minutes.
Serve warm, optionally with yogurt or cream.

Grichani Blintsy z Hribamy

(Buckwheat Crêpes with Mushrooms)



Time: 25 min | Level: ★★☆☆ Medium | Region: Hutsul region

Description:

Savory buckwheat crêpes filled with creamy mushrooms — rich in flavor and ideal for cold mornings.

Ingredients:

For the crêpes:

1/2 cup buckwheat flour

1/2 cup wheat flour

1 egg

1 cup milk

Pinch of salt

For the filling:

200 g mushrooms, chopped

1 small onion

2 tbsp sour cream

Salt and pepper

How to make it:

Mix batter ingredients and let rest 10 min. Fry thin crêpes. Sauté onion and mushrooms, season, stir in sour cream. Fill crêpes, roll, and serve warm or bake in buttered dish.

Khrustyky

(Angel Wings)



Time: 45 min | Level: ★★☆☆ Medium | Region: Central Ukraine

Description:

Light, crispy fried dough strips dusted with sugar — festive and perfect with morning tea.

Ingredients:

- 2 egg yolks
- 2 tbsp sour cream
- 1 tbsp vodka or spirit
- 1 cup flour
- Powdered sugar
- Oil for frying

How to make it:

Mix all ingredients into soft dough. Roll very thin.
Cut into strips and twist or knot.
Fry in hot oil until golden and crisp.
Drain and dust with powdered sugar.

Mlynchyky na Kysliatsi

(Kefir Pancakes)



Time: 30 min | Level: ★☆☆ Easy | Region: Nationwide

Description:

Soft, fluffy kefir pancakes — a Ukrainian staple served sweet or savory.

Ingredients:

- 1 cup kefir
- 1 egg
- 1 tbsp sugar
- 1/2 tsp baking soda
- 1–1.5 cups flour
- Oil for frying

How to make it:

Mix kefir, egg, sugar, and baking soda.
Gradually add flour until thick batter forms.
Fry spoonfuls on a hot oiled pan until golden.
Serve with jam, honey, or sour cream.





Lunches

Lunch — obid (ua) — is more than just a meal in Ukraine. It's a warm, generous pause in the middle of the day. Traditionally homemade and deeply nourishing, Ukrainian lunches often include a first course like soup or borscht, followed by a hearty main dish with potatoes, grains, or dumplings, and always something pickled or fresh on the side.

You'll find comforting classics such as:

rich soups like borscht, kapusniak, or green sorrel soup,
baked or stewed vegetables,
meat patties, stuffed cabbage rolls, or meaty potato pancakes,
creamy fish dishes or fried pork cutlets,
rustic bread with butter and pickles.

🌿 Ukrainian lunch is slow, satisfying, and rooted in seasonal ingredients.

In summer, expect fresh herbs and tomatoes. In winter, think sauerkraut, roasted roots, and thick gravies.

🍴 Each Recipe Includes:

- Prep & Cook Time
- Level of Difficulty
- ★☆☆ Easy ★★☆☆ Medium ★★★ Hard
- Regional Notes (if any)
- Serving Suggestions or Storage Tips
- Ingredient Swaps or Shortcuts

Borscht

(Classic Beet Soup)



Time: 1 hr | Level: ★★☆☆ Medium | Region: Central & Eastern Ukraine

Description:

The most iconic Ukrainian soup — vibrant red, rich in flavor, and packed with vegetables, meat, and love.

Ingredients:

- 2 medium beets
- 1 carrot
- 1 onion
- 2 potatoes
- 1/4 small cabbage
- 200 g pork or beef (optional)
- 2 tbsp tomato paste
- 1 tbsp vinegar
- Bay leaf, salt, pepper
- Sunflower oil
- Fresh dill & sour cream to serve

How to make it:

Boil meat with bay leaf until soft. Remove and chop.
In another pot, sauté chopped onion, carrot, and beets in oil.
Add tomato paste and vinegar.
Add diced potatoes and chopped cabbage to meat broth.
Simmer 10 min.
Add sautéed veggies. Simmer another 15–20 minutes.
Serve with chopped dill and a spoon of sour cream.



Holubtsi

(Stuffed Cabbage Rolls)



Time: 90 min | Level: ★★★ Hard | Region: Nationwide

Description:

Tender cabbage leaves wrapped around rice and meat, baked in tomato sauce — a true Sunday lunch staple.

Ingredients:

- 1 head of cabbage
- 300 g minced pork or beef
- 1/2 cup rice
- 1 onion
- 1 carrot
- 2 cups tomato juice or diluted paste
- Salt, pepper
- Sunflower oil

How to make it:

Boil whole cabbage, peel off soft leaves.
Cook rice halfway. Mix with minced meat, grated onion, salt, and pepper.
Place 1 tbsp filling into each leaf, roll tightly.
Sauté grated carrot and onion, pour in tomato juice.
Layer rolls in pot, pour sauce, simmer 45–60 minutes.

Deruny z Miasom

(Potato Pancakes Stuffed with Meat)



Time: 50 min | Level: ★★☆☆ Medium | Region: Poltava

Description:

Crispy potato pancakes with juicy meat hidden inside — golden outside, savory inside.

Ingredients:

5 potatoes
1 small onion
1 egg
2–3 tbsp flour
200 g ground meat (pork or mix)
Salt, pepper
Oil for frying

How to make it:

Grate potatoes and onion. Squeeze liquid. Add egg, flour, salt, pepper.
Season ground meat with salt and pepper.
Spoon potato mix on pan, add meat, cover with more potato mix.
Fry on both sides until deep golden brown.
Serve with sour cream.

Zapechena Kartoplia z Hribamy

(Baked Potatoes with Mushrooms)



Time: 40 min | Level: ★☆☆ Easy | Region: Carpathians

Description:

A rustic mountain dish — soft roasted potatoes with sautéed forest mushrooms and herbs.

Ingredients:

4–5 potatoes
200 g mushrooms (fresh or pickled)
1 onion
2 tbsp sour cream
Salt, pepper
Dill or parsley

How to make it:

Slice and bake potatoes with oil and salt at 200°C for 25–30 min.
Sauté mushrooms and onions until golden.
Combine with potatoes, add sour cream and herbs.
Serve hot.

Kapusniak

(Sour Cabbage Soup)



Time: 1 hr | Level: ★★☆☆ Medium | Region: Eastern Ukraine

Description:

A tangy, comforting soup made with sauerkraut, potatoes, and pork — deeply warming on a cold day.

Ingredients:

- 300 g pork (with some fat or bone)
- 1 cup sauerkraut
- 1 carrot
- 1 onion
- 2 potatoes
- Bay leaf
- Salt, pepper
- Sunflower oil

How to make it:

Boil pork with bay leaf until soft, skim foam. Remove and cut meat.
In another pan, sauté chopped onion and carrot.
Add chopped potatoes to broth. Simmer 10 min.
Add sauerkraut and sautéed veggies. Cook another 20 min.
Return pork, season, and serve hot with rye bread.



Pechenya

(Ukrainian Pork Stew with Vegetables)



Time: 1 hr | Level: ★★☆☆ Medium | Region: Central Ukraine

Description:

Tender pork, carrots, and potatoes stewed slowly with herbs — a Sunday comfort food.

Ingredients:

- 500 g pork (shoulder or leg)
- 1 onion
- 2 carrots
- 3–4 potatoes
- 1 bay leaf
- Salt, pepper
- Sunflower oil

How to make it:

Cut pork into chunks. Brown in a pot with oil.
Add sliced onion and carrots. Sauté 5–7 min.
Add cubed potatoes, bay leaf, salt, and water to cover.
Simmer covered for 35–40 min until soft.
Let rest 10 min before serving.

Varenyky z Kartopleiu

(Dumplings with Potato and Fried Onion)



Time: 1 hr | Level: ★★☆☆ Medium | Region: Nationwide

Description:

One of the most beloved Ukrainian dishes — soft dough pockets filled with mashed potatoes, topped with golden onion.

Ingredients:

Dough:

2 cups flour

1 egg

1/2 cup warm water

1/2 tsp salt

Filling:

3 potatoes

1 onion

1 tbsp butter

Salt, pepper

Topping:

1 onion

Oil or butter for frying

How to make it:

Make dough from flour, egg, water, and salt. Let rest.

Boil and mash potatoes with butter, salt, pepper.

Roll dough, cut circles, fill with potato mash. Seal edges.

Boil in salted water until they float.

Top with fried onion and serve with sour cream.



Fish in Sour Cream Sauce



Time: 35 min | Level: ★☆☆ Easy | Region: Southern Ukraine

Description:

A light yet creamy dish — pan-fried white fish topped with herbed sour cream sauce.

Ingredients:

2 fillets of white fish (pike, cod, carp)
1/2 cup sour cream
1 tbsp flour
1 tbsp butter or oil
Salt, pepper
Fresh dill

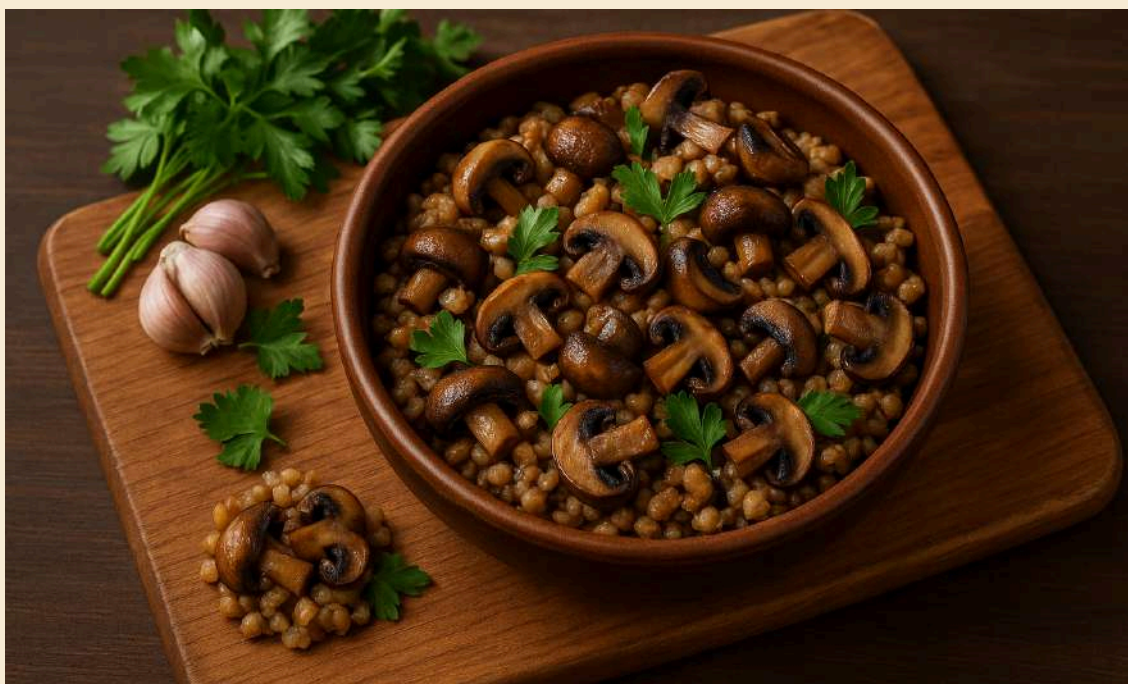
How to make it:

Season fish, dredge lightly in flour.
Fry in butter/oil until golden, 2–3 min per side.
Mix sour cream with chopped dill and a pinch of salt.
Pour over fish and simmer on low 5 minutes.
Serve with potatoes or grains.



Kasha z Hrybamy

(Barley with Mushrooms)



Time: 45 min | Level: ★☆☆ Easy | Region: Carpathians

Description:

Earthy pearl barley paired with sautéed forest mushrooms — filling and full of umami.

Ingredients:

1 cup pearl barley
2 cups water or broth
200 g mushrooms (fresh or dried, rehydrated)
1 onion
Salt, pepper
Oil or butter

How to make it:

Cook barley in water or broth until soft (35–40 min).
Sauté onion and chopped mushrooms until golden.
Stir into the cooked barley, season to taste.
Let sit 5 min before serving.

Plov po-Ukraiïnsky

(Ukrainian-Style Pilaf with Pork)



Time: 1 hr | Level: ★★☆☆ Medium | Region: South & East Ukraine

Description:

Fragrant rice cooked with pork, carrots, and spices — the Ukrainian version of Central Asian plov, rustic and hearty.

Ingredients:

300 g pork (shoulder or neck)
1 cup rice
1 large onion
1 carrot
2 tbsp oil or lard
2 cups water or broth
Salt, pepper, bay leaf

How to make it:

Cut pork into cubes. Brown with onion and carrot in oil.
Rinse rice and add to meat. Stir briefly.
Pour in water or broth, season, add bay leaf.
Cover and simmer on low 25–30 min until rice is done.
Let rest covered 10 min before serving.

Zeliany Borshch z Kropyvoiu

(Green Borscht with Nettle and Egg)



Time: 45 min | Level: ★★☆☆ Medium | Region: Springtime, Central Ukraine

Description:

A fresh, lemony green borscht made with nettle, potato, and boiled egg — full of vitamins and spring flavor.

Ingredients:

1 bunch young nettle (or sorrel)
1 carrot
1 onion
2 potatoes
2 boiled eggs
1 tbsp oil
Salt, pepper
Sour cream & dill to serve

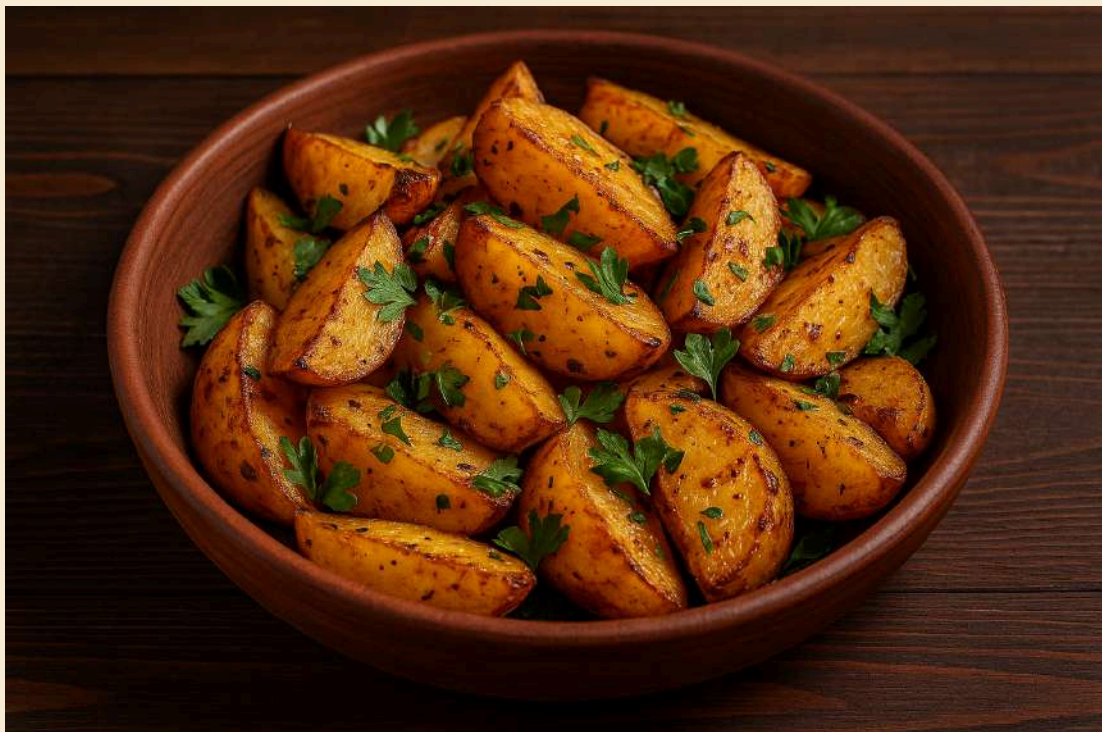
How to make it:

Sauté chopped onion and carrot in oil.
Add diced potatoes and 4 cups of water. Simmer 10–15 min.
Add nettle (blanched if mature), cook 5 min.
Season with salt and pepper.
Serve with chopped boiled egg, sour cream, and fresh dill.



Kartoplia po-Selyansky

(Village-Style Potatoes)



Time: 35 min | Level: ★☆☆ Easy | Region: Nationwide

Description:

Oven-roasted potato wedges with garlic and herbs — crispy outside, soft inside. Often served as a side or main with pickles.

Ingredients:

- 4–5 potatoes
- 3 cloves garlic
- 2 tbsp oil
- Salt, pepper
- Dill or parsley

How to make it:

Cut potatoes into wedges. Toss with oil, minced garlic, salt, and pepper. Roast at 200°C for 25–30 minutes until crisp. Sprinkle with chopped dill before serving.

Sichenyky z Kurky

(Ukrainian Chicken Patties)



Time: 40 min | Level: ★★☆☆ Medium | Region: Nationwide

Description:

Juicy ground chicken patties with onion and soaked bread — simple, soft, and perfect with mashed potatoes or buckwheat.

Ingredients:

400 g ground chicken
1 small onion
1 slice white bread (soaked in milk)
1 egg
Salt, pepper
Oil for frying

How to make it:

Squeeze soaked bread and mix with chicken, chopped onion, egg, salt, and pepper.

Form into small patties.

Fry in oil on medium heat until golden and cooked through (about 5–7 min per side).

Serve hot with side dish and pickles.

Pecheni Peppers

(Stuffed Bell Peppers with Rice and Meat)



Time: 1 hr | Level: ★★☆☆ Medium | Region: South Ukraine

Description:

Juicy sweet peppers filled with savory rice-meat mix, simmered in a light tomato sauce.

Ingredients:

4 bell peppers
250 g ground meat
1/2 cup rice
1 onion
1 carrot
2 cups tomato juice
Salt, pepper

How to make it:

Cook rice halfway, mix with meat, grated onion, salt and pepper.

Stuff peppers with the mixture.

In a pot, sauté carrot and remaining onion, add tomato juice.

Place peppers in sauce, cover and simmer 40–50 min.

Serve with sour cream.

Yachna Kasha z Miasom

(Pearl Barley with Pork)



Time: 1 hr | Level: ★★☆☆ Medium | Region: Eastern Ukraine

Description:

A hearty dish of slow-cooked barley and pork — nutty, tender, and full of flavor.

Ingredients:

1 cup pearl barley
300 g pork (shoulder or belly)
1 onion
1 carrot
2 tbsp oil or lard
2.5 cups water or broth
Salt, pepper

How to make it:

Rinse barley and soak (optional for faster cooking).

Brown pork pieces with onion and carrot in oil.

Add barley, cover with water or broth, season.

Simmer on low heat 35–45 min until soft and thick.

Let sit covered 5 minutes before serving.

Grechka z Podlivkoiu

(Buckwheat with Gravy)



Time: 30 min | Level: ★☆☆ Easy | Region: Nationwide

Description:

Classic buckwheat porridge topped with simple meat or mushroom gravy — quick, comforting, and budget-friendly.

Ingredients:

- 1 cup buckwheat
- 2 cups water
- 1 onion
- 200 g minced meat or mushrooms
- 1 tbsp flour
- 1.5 cups water or broth
- Salt, pepper
- Oil

How to make it:

Cook buckwheat with salted water (20 min).
Sauté onion and meat/mushrooms until cooked.
Sprinkle flour, stir, add water or broth. Simmer until thick.
Pour gravy over buckwheat and serve.

Tushkova Kapusta z Kovbasoiu

(Braised Cabbage with Sausage)



Time: 45 min | Level: ★☆☆ Easy | Region: Nationwide

Description:

Shredded cabbage slowly cooked with onion and smoked sausage — rich, sweet, and slightly tangy.

Ingredients:

1/2 head white cabbage
1 onion
200 g smoked sausage (or kielbasa)
1 tbsp tomato paste
1 tsp sugar
Salt, pepper
Oil

How to make it:

Slice sausage and brown lightly. Set aside.
In same pan, sauté onion, add shredded cabbage.
Add tomato paste, sugar, salt, pepper. Stir.
Cover and simmer 30 min, stirring occasionally.
Mix in sausage before serving.



Kovbasa z Dukhom

(Baked Farmer's Sausage with Vegetables)



Time: 1 hr | Level: ★★☆☆ Medium | Region: Central & Western Ukraine

Description:

Baked homemade-style sausage with potatoes, carrots, and onions — crisp outside, juicy inside, and full of savory aroma.

Ingredients:

300 g smoked or semi-smoked sausage
4 potatoes
2 carrots
1 onion
2 tbsp oil
Salt, pepper
Bay leaf (optional)

How to make it:

Slice sausage and vegetables.
Toss everything with oil, salt, pepper (add bay leaf).
Place in baking dish and cover with foil.
Bake at 190°C for 30 min, then uncover and bake 15 min more.
Serve hot with pickles or mustard.

Kurka v Smetani

(Chicken in Sour Cream Sauce)



Time: 1 hr | Level: ★★☆☆ Medium | Region: Poltava, Central Ukraine

Description:

Tender chicken stewed in creamy sour cream sauce with onions and herbs — a rich and homey classic.

Ingredients:

- 500 g chicken thighs or legs
- 1 large onion
- 1.5 cups sour cream
- 1 tbsp flour
- 1 tbsp oil or butter
- Salt, pepper
- Fresh dill or parsley

How to make it:

Brown chicken pieces in oil until golden. Remove and set aside.

In the same pan, sauté sliced onion until soft.

Sprinkle flour, stir, then add sour cream.

Return chicken, season, cover and simmer 30–35 min.

Garnish with herbs and serve with mashed potatoes or buckwheat.

Final Words from the Author

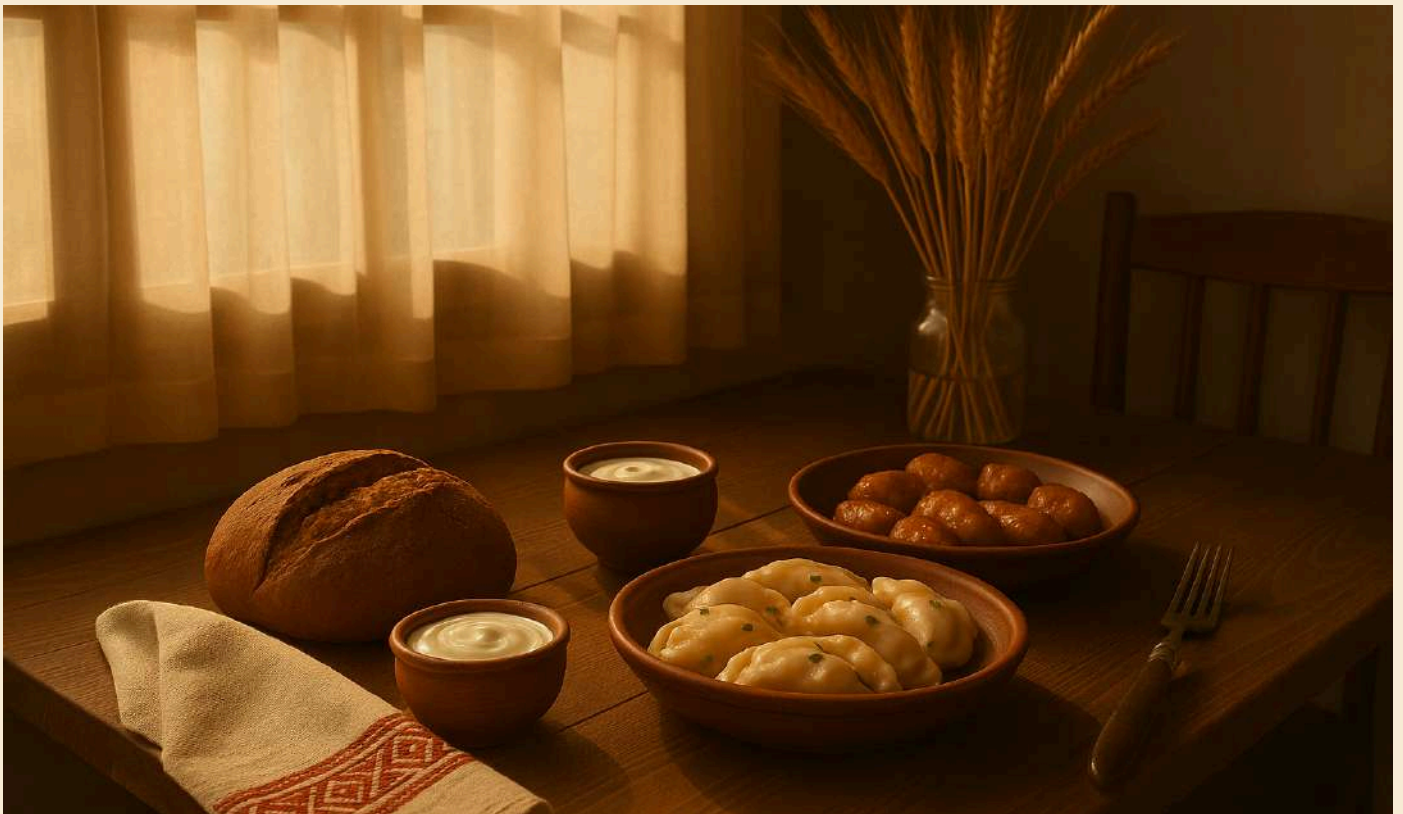
(From My Kitchen to Yours)

This guide was created not only to celebrate Ukrainian flavors, but to preserve the feeling of sitting at a warm table — wherever you are.

These recipes are just the beginning. Adapt them, play with them, share them. Ukrainian cuisine is alive because it is shared.

Thank you for cooking with me.
And wherever you are: may your kitchen always
smell like comfort.

🌾 **Z lyuboviu — with love.**



Slava Ukraini!

