

RUSSIAN FOOD NETWORK

Please fill out the form below, print it to turn it in, in **HARD COPY**, and also send **ELECTRONICALLY**, on the due date you selected on the sign up sheet. The Russian Food Network Event as a follow up to your Russian cooking experience will take place during class time as indicated on the syllabus. Please duplicate your recipe and bring it in for the event.

Recipe: Pelmenee Stuffed Noodles in Bouillon

Stuffing:

½ cup chopped onion	½ lb ground lean beef
½ tbsp. butter	½ lb. ground lamb or pork.
Salt and pepper to taste	

Noodles:

2 cups flour	1 whole egg
½ tsp. salt	2 egg yolks
¼ cup water	

Bouillon:

2 ½ quarts beef bouillon made from:
10 beef bouillon cubes dissolved in 10 cups water

Or

4 10 ½ oz. cans beef consommé diluted with 5 cups water.

Fry onion in butter until light brown. Add to uncooked meats, season to taste, mix well and set aside.

Make a stiff dough of the flour, salt egg, egg yolks and water. Knead well and divide into four approximately equal parts. Taking on part at a time, roll out on floured board as thin as possible without breaking (about 16 in diameter) and cut into rounds with a 2 inch biscuit cutter.

Put about a half teaspoon stuffing on one half of each round and dough. Moisten edges with water, fold over, making half rounds and seal edges with a fork. Then bring together the points of the half rounds, pinching to make cap-shaped forms.

Divide the bouillon into two kettle and bring to a boil. Drop one-quarter of the caps in the boiling bouillon in each kettle and boil 15 minutes. A few are cooked at a time to avoid cooling the bouillon. Serve immediately in bouillon in large soup plates

Yield: 8 to 10 servings.

Photo of the prepared dish:

A synopsis of your research on the recipe and the area where the recipe originated:

Pelmenee

The word Pelmenee or Pemeni / Pel'n'an translates as "ear bread" in Finno-Ugric Komi and Udmurt languages. The small meat stuffed dough do resemble ears so named thus.

Pelmeni is a Russian national dish. It is common to find the small savory meat stuffed dough in the freezers of every-day Russians. Pelmeni can be frozen for long periods and cook up easily. They are served in a soup, boiled or fried in butter or oil, and served with gravy or sour cream and red vinegar.

Pelmeni were introduced in Russian cuisine by Siberian indigenous people that live and traveled the region above the arctic circle.

It's speculated that Pelmeni are an adaption of the Chinese wonton. It also speculated that Mongols brought the recipe when they traveled over the Ural Mountain Range. Pelmeni is a versatile dish, and light to carry. It is a traditional favorite of hunters.

Your description of the experience of preparing and tasting the recipe (any ingredients you needed to substitute, any changes you made to the recipe... does it remind you of something you tasted before? What would you serve to accompany it? Etc.

I enjoyed preparing and eating Pelmeni. My daughter, Sabrina loved it. Because of time constraint I used prepared pie crust dough. In retrospect, I would prefer a thinner dough.

I sautéed the beef and pork with onion, celery, and ginger. I added coriander, ginger, and garlic, which are commonly used in this dish in Russia.

I sautéed the Pelmeni in butter instead of boiling. I made a gravy of mushroom soup and brown gravy packet and used the drippings from the sautéed meat for flavor.

Like a wine recommendation to accompany a dish, make a recommendation of a reading from Russian literature that would accompany the making or tasting of the dish you prepared. Perhaps the reading would suit the mood of the dish, its spiciness or its sweetness... perhaps there was a mention of one of the ingredients or the dish itself in the reading... etc. You may select from the stories read or presented in class, or some other Russian work with which you are familiar.

I would pair this dish with a light white wine, a Chablis, Chardonnay and add a leafy green as a side.

This dish was a good addition to reading A Hero of Our Time. In the Chapter Bela, Maximych and Pechorin travel through the Caucasus Mountains and talk about the Ural Mountain Range where Pelmeni is said to have originated as a Russian dish.

I could imagine them eating Pelmeni during their traverse through the mountains when are at able to eat a "decent meal". Pelmeni has the feel of a traveler's dish.