

HERSHEY FELDER
COOKING
Russian
IN FLORENCE



COOKING RUSSIAN IN FLORENCE

Cooked in Tandem by
Hershey Felder & Cordon Bleu Chef, Jeffrey Thickman

A Russian Feast in Honor of...



HERSHEY FELDER PRESENTS - LIVE FROM FLORENCE

COOKING RUSSIAN IN FLORENCE

with Hershey Felder and Jeffrey Thickman

RECIPES

Cold Beet Soup — BORSCHT / Свекольник

Servings: 4

INGREDIENTS

1 pound beets, peeled and quartered

6 cups vegetable, chicken or beef stock

1-3 Tablespoons lemon juice, depending on the sweetness of the beets

salt and pepper

Garnish:

cucumbers, chopped

radishes, chopped

sliced scallions

hard boiled eggs, peeled and sliced

chopped dill

sour cream

DIRECTIONS

In a covered pot, simmer the beets in the stock until tender, about 30 minutes. Remove the beets and let cool. Grate the beets and stir them back into the stock, adjusting the sweetness with the lemon juice. Taste for salt and pepper. Refrigerate until thoroughly chilled. Serve the soup cold with a choice of the garnishes, hard-boiled egg, a generous dollop of sour cream and a sprig of dill.



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RECIPES

Potato Dumplings with Caramelized Onions — VARENIKI / Вареники

Servings: 6-8

INGREDIENTS

500 grams of baking flour
2 eggs
½ cup sour cream
6 large potatoes
½ cup mayonnaise
4 tablespoons butter
¼ cup sour cream
1 teaspoon Dijon mustard, (or available mustard)
1 egg for egg wash
6 large onions
1/3 cup of olive oil for frying onions
salt and pepper to taste.



DIRECTIONS

1. Place your flour in a large mixing bowl, make a well in the center, mix eggs and sour cream well, pour into flour well. With a wooden spoon (or hands as you see fit) bring the flour and egg/cream mixture together. Knead well until dough is smooth. If dough feels a little dry add a touch of water – let dough rest.
2. Peel and section potatoes, boil in salted water. When potatoes are soft, remove from flame, drain and return to pot. Add mayonnaise, butter, sour cream, mustard, salt and pepper to taste. Combine but beware of turning the mixture into potato glue. Combine just well enough for all to be incorporated.
3. Roll out dough forming a circle, turning the circle clockwise, continuing enlarging the dough until it is fine, and slightly see-through when lifted, so, a thickness of 1/8 of an inch, no more.
4. Press drinking glass shaped rounds into your dough.
5. Prepare egg wash with an egg and two tablespoons water, well beaten
6. Dip finger in egg wash and wet the circumference of the round dough shape.
7. Fill shape with a teaspoon of potato mixture, seal in a half-moon shape by pinching all edges. Bring a salted pot of water to a boil.
8. In a separate pan, sauté chopped onions in oil until verging on caramelized burnt-brown. Place prepared vareniki in boiling water, until they rise to the top of the water. Drain and place into fried onion pan, heat for a moment, and serve. With sour-cream, or anything you like, or just by itself. Make a lot. You'll want them.

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RECIPES

Russian Cabbage Pie — PIROG S KAPUSTOY / Пирог С Капустой

Servings: 6-8

INGREDIENTS

8 cups of Sauerkraut, well rinsed
2 sticks of butter (250 grams)
1 cup Olive oil
2 cups of sugar
1 ½ teaspoon of pepper
1 egg for egg wash

Pre-packaged puff pastry (in round form or square form depending on baking dish, enough for two layers of baking dish dimension).



DIRECTIONS

1. Choose a baking dish, or spring form pan that can accommodate 8 cups of sauerkraut, shape does not matter.
2. Butter bottom of pan and sides, and line bottom with puff pastry (shape dough by cutting and pinching edges together and rolling. Cut off any excess). Place in oven 300 degrees until puffed and golden brown, remove from oven, let cool.
3. Melt butter, in large pot, add rinsed sauerkraut, sauté on medium high for at least 40 minutes (yes, long, but WORTH IT!!!) adding oil to continuously coat, stir ever minute or so to ensure that kraut does not burn. When cabbage takes on a slightly darker hue, then add sugar and pepper, and stir until all cabbage is coated and the sugar has slightly caramelized.
4. Place cooked cabbage in baking dish on top of puff pastry. Take the next puff pastry layer and place above cabbage, tucking in edges to meet the lower circumference.
5. Beat egg well with two tablespoons of water, and brush over top layer of puff pastry. Poke holes, or create a design (as with a pie) to allow steam to escape.
6. Bake at 325 degrees until top later is puffed and golden brown.
7. DIG IN. You won't stop until the whole thing has been devoured... you'll see. Strange phenomenon.

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RECIPES

Russian Olivier Salad — SALAT OLIVYEH / Салат Оливье

Servings: 4

INGREDIENTS

2 large, whole boiled potatoes, peeled and cut into ½" cubes

6 hard-boiled eggs, peeled and coarsely chopped

5-6 dill pickles, coarsely chopped

¾ cup freshly shelled peas, boiled just until tender

⅓ cup mayonnaise, homemade if possible

¼ cup sour cream

salt, pepper and lemon juice, to taste

DIRECTIONS

Place the potatoes, eggs, pickles and peas in a mixing bowl. Mix the mayonnaise and sour cream, then toss with the salad ingredients. Adjust flavorings with salt, pepper and lemon juice.



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RECIPES

Sweet and Savory Stuffed Cabbage Rolls — GOLUBTSY / Голубцы

Servings: 6-8

INGREDIENTS

1 head of Cabbage
4 cups of hamburger meat
2 cups cooked Rice (flavored, risotto, any choice)
3 cups assorted nuts and dried fruit mix, cranberries, raisins, chopped dried apricot etc.
4 cups tomato sauce
cumin to taste
salt and pepper to taste
cinnamon to taste

DIRECTIONS

1. Boil head of cabbage in a large pot of water, until cabbage leaves are malleable – some 45 minutes. Rinse in cold water
2. Combine meat and cooked rice – flavor rice (the more flavorful the better) – risotto mixtures, whether porcini mushrooms etc., work very well. Do not overwork mixture otherwise meat stuffing will end up like little bricks.
3. Add 2 cups of mixed nuts and dried fruit to meat and rice. Season with salt pepper, two tablespoons of cumin, two tablespoons of cinnamon. Combine.
4. Carefully peel cabbage leaves, place a palm-full of meat in the center, roll and tuck in sides. Do not use too much meat or tighten the meat into a ball – avoid the golf-ball effect. Pour half a cup of tomato sauce on the bottom of a baking dish. Place the cabbage rolls in the baking dish. Cover with remaining sauce sprinkle with a little salt and pepper and a good amount cinnamon. Bake at 325 for an hour. Enjoy.



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RECIPES

Kasha — KASHA / Гречневая Каша

Servings: 6

INGREDIENTS

3 cups boiling water

1 teaspoon salt

2 tablespoons unsalted butter

1 ½ cups toasted buckwheat groats (kasha), whole or coarse

1 egg

DIRECTIONS

Mix egg and kasha in a medium-sized, heavy saucepan until the grains are evenly coated. Stir over moderately high heat until the grains of kasha are dry and give off a toasted fragrance. Off the heat, add the water, butter and salt. Cover saucepan, return to very low heat and simmer for 25-30 minutes or until all of the liquid is absorbed. Remove from heat and let kasha stand for 10 to 15 minutes before fluffing with a fork and serving.

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RECIPES

Caramelized Apple and Sour Cream Tart — TORT SMETANNIK / Яблочный Сметанник

Servings: 10

INGREDIENTS

Pastry:

- 1 ¼ cups flour
- ½ teaspoon salt
- 7 ½ tablespoons butter, cold and cut into ½" cubes.
- 3 ¾ tablespoons ice water

Filling:

- 2 pounds tart apples
- 5 Tablespoons butter
- 2 Tablespoons granulated sugar

Caramel:

- ⅔ cup heavy cream
- ⅔ cup granulated sugar

Sour cream topping:

- 3 cups sour cream
- 5 teaspoons granulated sugar
- 1 teaspoon vanilla extract



DIRECTIONS

Pastry: In a large mixing bowl, cut the butter into the flour and salt until just pea-sized bits of butter remain visible. While tossing with a fork, slowly sprinkle the ice-water over the flour mixture until all the flour is barely moistened but can form a ball when pressed together. Form into a disk, cover with plastic wrap and refrigerate, for 1-2 hours before rolling out and lining an 11x1" tart pan with removable bottom.

Bake blind at 450° F. for 13 minutes, then at 350° F. for another 10.

Filling: Peel, core and slice the apples. Melt the butter in a very large frying pan over moderate heat, add the apples, sprinkle with the sugar and sauté until tender. Place the cooked slices in the bottom of baked shell.

Caramel Sauce: Bring cream to scalding. Place sugar in large frying pan over high heat, stirring occasionally until caramel color. Remove from heat and let cool for 1 minute. Slowly and carefully stir in the hot cream, then bring sauce back to heat for another minute, stirring until smooth. Drizzle sauce over apples the apples.

Sour cream topping: Preheat oven to 350° F. Stir topping ingredients and pour over tart. Smooth carefully. Bake for 6-7 minutes. Remove from oven and let cool. Refrigerate for several hours or all day.