

Pierogi

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 6-8 servings

Ingredients

For the sauerkraut filling:

2 tablespoons butter

1/3 cup chopped onion

1 1/2 cups sauerkraut, drained and minced

Salt and pepper to taste

For the potato filling:

3 tablespoons butter

1/2 cup chopped onion

2 cups cold mashed potatoes

1 teaspoon salt

1 teaspoon white pepper

For the dough:

3 eggs

1 (8-ounce) container sour cream or yogurt

3 cups all-purpose flour

1/4 teaspoon salt

1 tablespoon baking powder



Method of preparation

1. To prepare the sauerkraut filling, melt the butter in a skillet over medium heat. Stir in the onion, and cook until translucent, about five minutes. Add the drained sauerkraut and cook for an additional five minutes. Season to taste with salt and pepper, then remove to a plate to cool.
2. For the mashed potato filling, melt the butter in a skillet over medium heat. Stir in the onion, and cook until translucent, about five minutes. Stir into the mashed potatoes, and season with salt and white pepper.
3. To make the dough, beat together the eggs and sour cream or yogurt until smooth. Sift together the flour, salt, and baking powder; stir into the sour cream mixture until dough comes together. Knead the dough on a lightly floured surface until firm and smooth. Divide the dough in half and then roll out one-half to one-eighth-inch thickness. Cut into three-inch rounds using a biscuit cutter.
4. Place a small spoonful of the mashed potato filling into the center of each round. Moisten the edges with water, fold over, and press together with a fork to seal. Repeat procedure with the remaining other half of dough and the sauerkraut filling.
5. Bring a large pot of lightly salted water to a boil. Add pierogi and partially cook for 2-3 minutes. Remove the pierogi with a slotted spoon, and finish off the pierogi in a lightly oiled skillet to add some more color, flavor, and texture.