

# Homemade Kolaches (Czech Kolache)

Authentic Czech Kolaches recipe, makes 12 small kolaches.

## Ingredients

For the dough (or use premade roll dough like Bridgford Parker House or Texas Roll Dough).

- 2/3 cup milk (2% or higher is best)
- 2 teaspoons active dry yeast
- 2 tablespoons sugar
- 2 cups all-purpose flour
- 6 tablespoons unsalted butter, melted.
- 2 large egg yolk
- 1/4 + 1/8 teaspoon fine salt

## For the filling:

- 6 prunes
- 1 tablespoon honey
- 4 scoops very thick apricot preserves
- 3 ounces cream cheese, at room temperature
- 1 tablespoon powdered sugar

## For the egg wash:

- 1 beaten egg
- splash of heavy cream (or milk)

## Instructions

1. Make the kolaches. Sponge: warm the milk in a microwave-safe bowl for about 30 seconds until lukewarm. Add the yeast, sugar and 2/3 cup of the flour. Mix well and let rise in a warm place until doubled in size.
2. In another bowl, mix the cooled melted butter with the egg yolk. Add this to the yeast mixture and mix well. Add the remaining flour, salt, and mix very well.
3. Next, knead the dough for 10 minutes.
4. Grease a bowl with cooking spray and add the dough. Cover and let it rise in a warm place until it doubles in size.
5. Divide the dough into 12 equal portions.
6. Line a 9" pie plate with parchment paper and arrange the dough balls in it. At this point, I press gently on the dough to make a slightly oblong shape instead of a perfect circle.
7. Let the dough rise until doubled (you can do this in the oven using the 'proof' setting).



8. Make fillings. If you want all the kolaches to have the same flavor, triple one of the filling recipes.
9. For the prune filling: combine the prunes in a small saucepan with the honey and add enough water to barely cover the prunes. Boil, stirring occasionally, for about 10 minutes. Mash them with a fork as they cook. They're done when most of the water is evaporated and it's thicker than jam.
10. For the apricot filling: no work necessary!
11. For the cream cheese filling: stir together the room temp cream cheese with the powdered sugar until smooth. Set aside.
12. Preheat the oven to 375 degrees F.
13. Once the dough balls have doubled in size, use your fingers to make indentations for the fillings. Go deeper than the indentations seen in the photos (the dough continued to rise while I was taking photos, making the indentations fill in slightly).
14. Next, stir together the egg and splash of heavy cream to use as egg wash for the rolls.
15. Divide the jam fillings between the kolaches, and egg wash.
16. Bake the kolaches for 18-21 minutes. Make sure they're done.

### **30 MINUTE LABS**

Day 1: Make the kolache dough. If using premade dough, continue to Day 2.

Make the sponge, step 1, let sit 10 minutes then proceed with steps 2,3, and 4. Place in greased bowl, cover, and refrigerate.

Prepare filling/fillings as time allows. Steps 8, 9, 10, and 11.

Day 2: Portion and shape the dough.

Pull dough from the fridge at the start of the day or 1 hour before class starts.

Shape as described in steps 5 and 6. Allow to proof, if possible, cover, and refrigerate.

Prepare filling/fillings as time allows. Steps 8, 9, 10, and 11.

Day 3: Bake the kolache.

Pull dough from the fridge at the start of the day or 1 hour before class starts.

Proceed with steps 13, 14, 15, and 16.

### **What are Czech Kolache?**

<https://www.youtube.com/watch?v=dilW3GIc384>

Kolaches are a traditional Czech dessert. The name originates from the Czech word "kolo", which means "circle". In Czech, a single one is called a kolache and more than one is called kolaches. While Czech kolaches vary by region - some being larger with more filling than pastry, almost tart-like with slices cut out for serving, and some being smaller, individual pastries - all of them are round. They are most commonly filled with apricots, cream cheese, poppy seeds, or plums. They can be open-faced or filled, and there are various possible techniques for piping and decorating the kolache that differ regionally. Kolaches are often topped with posypka, which translates to sprinkles or crumb, i.e. crumb topping.

Adapted from *Czech Kolaches* by Katie Schon

# Authentic Cornish Pasties

Kimberly Killebrew



## For the Short Crust Pastry (or premade pie crust):

- 3 1/2 cups all-purpose flour
- 1 teaspoon salt
- 5 ounces unsalted butter, very cold, diced.
- 5 ounces lard, very cold (can substitute butter but lard makes the flakiest crust)
- [How to Render Lard](#) (click link to learn how to make it yourself. It's super easy and much cheaper than store-bought!)
- 2/3 cup ice cold water

## For the Cornish Pasties:

- 1 pound beef skirt steak or sirloin, cut into small cubes.
- 1 pound firm, waxy potato (e.g. Yukon Gold), peeled and diced in 1/4-inch cubes, or slice them according to personal preference (\*\*starchy potatoes will disintegrate and turn mushy so be sure to use a firm, waxy potato that will hold its shape)
- 8 ounces rutabaga, peeled and diced in 1/4-inch cubes, or slice them according to personal preference.
- 7 ounces yellow onion, chopped.
- salt and pepper to taste.
- unsalted butter (for cutting in slices to lay inside the pasties)
- all-purpose flour (for sprinkling inside the pasties)
- 1 large egg, lightly beaten

## INSTRUCTIONS

1. To Make the Short crust Pastry: Place the flour and salt in a food processor and pulse a few times until combined. Add the cold butter and lard and pulse a few more times until the mixture resembles coarse crumbs. Add the water a little at a time, pulsing between additions, until the mixture begins to come together. DO NOT over-mix the dough or the pastry crust will be tough and won't be flaky. Form the dough into a ball, wrap in plastic wrap, and refrigerate for at least 3 hours before using (this is crucial). (Can be refrigerated for a few days or frozen for up to 3 months.)

2. To Make the Cornish Pasties:

Preheat the oven to 350 degrees F.

Cut it into 6 equal pieces (rolling the dough into a log and then cutting makes this easier). Wrap and keep the other 5 pieces chilled in the fridge while you're working on one at a time. Roll the dough out on a lightly floured work surface to a 8 inch circle that's about 1/8 inch thick. You can use an 8-inch plate as your guide and cut the dough around it to form your circle.

3. Layer the filling (see note at end): Put layer of potatoes down the center of the pastry circle, leaving about 3/4-inch space on the top and bottom edges of the pastry dough. Lightly sprinkle with salt and pepper. Next add a layer of rutabagas, onions and finally the beef, adding a light sprinkling of salt and pepper between each layer. Lay a couple pats of butter on top of the beef and sprinkle a little flour over the filling.

4. Wet the tips of your fingers and lightly moisten the edges of the pastry dough. For this next part work gently so that the filling doesn't puncture through the dough. If this happens, patch up the hole with some of the scrap pieces of pastry dough. Bring the sides up and seal the pasty down the middle. Turn the pasty onto its side and crimp the edges in traditional Cornish fashion (see blog post pictures as a visual).

5. Assemble the remaining pasties and lay them on a lined baking sheet. Use a sharp knife to cut a slit in the center of each pasty. Lightly brush each pasty with the beaten egg mixture.

6. Bake the Cornish pasties on the middle rack for 40-50 minutes until golden in color. Remove from the oven and let them sit for about 10 minutes (they will be very hot inside) before eating.

They can be reheated in the oven (recommended for a crispier crust) or microwave.

NOTE: Depending on how full you stuff the pasties you may have leftover filling. No worries, just fry it up together or add it to soup and enjoy it as a separate meal.

### 30 MINUTE LABS

Day 1: Make the short crust pastry if not using premade crust. Start prepping filling ingredients if time allows.

Day 2: Roll out the short crust pastry. Continue prepping the filling ingredients.

Day 3: Fill the pasties and crimp.

Day 4: Bake (get a head start on this if the pasties are large) while watching a video.

<https://www.youtube.com/watch?v=hpMenmmvSxw>

<https://www.youtube.com/watch?v=4-dVrcgXHXs> First 10 minutes

## **What are Cornish Pasties?**

A Cornish pasty is a turnover-shaped baked short crust pastry filled with beef and vegetables. The edges are sealed by crimping them in characteristic Cornish fashion.

In 2011, Cornish pasties were given both a Protected Designation of Origin (PDO) and Protected Geographical Indication (PGI) status, which means that for these pasties to be made commercially and bear the name "Cornish pasty", they must meet very specific requirements. These requirements are as follows:

- They must be made in Cornwall.
- They can only contain beef, potato, Swede (rutabaga), onion, salt and pepper. No other meat, no other vegetables, no other seasonings allowed.
- The ingredients must be raw when the pasties are assembled and then slowly baked to produce the traditional Cornish pasty flavor and texture.
- The edges of the pasties must be sealed by crimping them in traditional Cornish fashion.

## **The Origin of the Cornish Pasty**

The Cornish pasty has a unique and interesting history that goes back centuries. Cornwall had the biggest tin mining and one of the biggest copper mining industries in the world and the pasties were originally developed for Cornish miners. These men worked deep underground and needed a lunch that would meet the demands of their work environment. The thick short crust dough and dense filling would stay warm for several hours until lunchtime or could be easily reheated over the flame of an oil lamp.

# Pierogi (Polish Dumplings)

Pierogi are filled dumplings, made by wrapping unleavened dough around a filling, and occasionally flavored with a savory or sweet garnish, finally cooked in boiling water.

## Ingredients

### Pierogi dough:

- 2 cups flour, plain/all-purpose
- 1 tsp cooking/kosher salt
- 50g / 3 tbsp unsalted butter
- 1/2 cup water
- 1 large egg, whisked (55-60g/2oz)

### Pierogi filling:

- 500g / 1 lb. potatoes, peeled and sliced 1cm / 1/2" thick (2 medium, Note 1)
- 1 tbsp cooking/kosher salt - for cooking potatoes
- 30g / 2 tbsp unsalted butter
- 1 cup shredded cheddar cheese, tightly packed cup
- 1/4 tsp cooking/kosher salt
- 1/2 tsp black pepper



## Instructions

### Filling:

1. **Boil potatoes** - Put potato and 1 tbsp salt in a large saucepan. Add cold tap water so it's 3cm/1 inch above potatoes. Bring to a boil on high heat then reduce heat to medium high and simmer for 15 minutes or until potatoes are soft.
2. **Mash** - Drain, then pass the potatoes through a potato ricer into a bowl (or use potato masher)
3. **Cheese it** - Immediately add butter, cheese, salt and pepper. Mix with a wooden spoon until fully combined.
4. **Cool** - Spread out ~1cm / 1/2" thick on a tray. Cover with cling wrap, pressing so it is fully in contact. Cool on the counter (~30 min) then refrigerate until cold (1 hour+).

### **Pierogi Dough:**

1. **Melt butter** - Heat up the water and butter in a small saucepan over medium heat just until butter is melted, do not boil water. (Or do this in the microwave). Turn off heat.
2. **Mix dough** - Whisk the flour and salt in a mixing bowl. Make a well in the center and then add the butter water plus egg. Mix to combine into a shaggy dough.
3. **Knead** - Scrape out onto a lightly floured work surface. Knead for 5 minutes until the dough becomes smooth (Note 3). You could also use your stand mixer.
4. **Rest** - Wrap with cling wrap and leave on the counter for 30 minutes.

### **Wrapping pierogis:**

1. **Roll & cut** - On a lightly floured surface, roll out the dough to 3mm / 1/8" thickness. Cut out rounds using a 7.5 cm / 3" cutter. Do as many as you can, then gather surplus dough into a ball, wrap with cling wrap and set aside for later.
2. **Fill & wrap** - Place 1 tablespoon of cheesy potato filling in the middle of a round. Dip finger with water and run along edge of half the circle. Fold dough over to enclose the filling and press to seal, making slight indents (no pleats).
3. **Wrap remaining** - Place them on a lightly floured tray and continue to wrap remaining Pierogi (including rolling out the remaining dough). You should get ~30 pierogis.

### **Cooking & serving pierogis:**

1. **Boil 5 minutes** - Bring ~3 liters/quarts of water to the boil with 1 tbsp salt. Lower 10 pierogis into the water. Cook for 5 minutes - they should be floating on the surface.
2. **Butter sauce (Optional)** - Melt butter in a large skillet over medium heat. Brown the pierogi on each side. Bacon and onion can be used instead of and in addition to the butter.
3. **Serve** - Slide onto a serving plate, scraping out every drop of butter. Sprinkle with parsley, add a dollop of sour cream, apple sauce, and/or mustard. Eat and be happy!

### **30 MINUTE LABS**

Day 1: Prepare the filling. Boil, mash, cheese, and butter the potatoes. Refrigerate.

Day 2: Make the dough and refrigerate.

Day 3: Pull the dough and potato filling so they can come to room temperature. Roll out the dough, fill and wrap the pierogi. Refrigerate.

Day 4: Boil the pierogi. If there is time, they can be browned in butter and, if you like, onion.

### **What are Polish Pierogi?**

The origins of pierogi, a filled dumpling made from unleavened dough and cooked in boiling water, are unclear, but the dish has been eaten in Poland since at least the 13th century. Some say Marco Polo brought the idea from China, while others believe it may have originated in Central Asia or the Middle East and traveled to Kyiv along the Silk Road. The dish may have also been imported to Poland from eastern neighbors like Kievan Rus (present-day Ukraine).



## Easy Baked Indian Samosas

These baked samosas have all the flavor and heartiness without frying. Although this is an easier, healthier version, they taste just as delicious as fried samosas. Serve warm, plain, or with chutney.



### Ingredients

- 4 potatoes peeled and cubed.
- $\frac{1}{4}$  cup vegetable oil
- 2 small onions finely chopped.
- 3 tablespoons coriander seed
- 1 tablespoon curry powder
- 1 (1 inch) piece fresh ginger, grated
- 1 teaspoon salt
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- $\frac{1}{2}$  teaspoon ground allspice
- $\frac{1}{2}$  teaspoon cayenne pepper
- $\frac{1}{8}$  teaspoon ground cinnamon
- 2 Roma (plum) tomatoes finely chopped.
- $\frac{1}{2}$  cup frozen peas
- 2 (14.1 ounce) packages double-crust pie crusts or puff pastry, thawed
- 2 large egg whites, beaten, or as needed.

### Directions

1. Place potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 20 minutes. Drain and transfer potatoes to a large bowl; mash coarsely, then set aside.
2. Preheat the oven to 400 degrees F (200 degrees C).
3. Heat oil in a large skillet over medium-high heat; cook and stir onions, coriander seed, curry powder, ginger, salt, turmeric, cumin, allspice, cayenne pepper, and cinnamon in hot oil until onion is lightly browned, about 5 minutes. Remove the skillet from heat and stir in tomatoes and peas. Pour into coarsely mashed potatoes and mix until thoroughly combined. Cool filling completely.
4. Cut each pie crust into 8 equal triangles. Spoon filling onto the wide end of each triangle; fold corners over filling to create a triangle-shaped hat. Pinch dough together to form a seal. Brush beaten egg whites over each samosa and arrange on baking sheets.
5. Bake in the preheated oven until samosas are golden brown, about 15 minutes.

These can be made ahead and frozen. Defrost, brush with egg whites, and bake.

### **30 MINUTE LABS**

Day 1: Prepare the filling, steps 1 and 3.

Day 2: Fill and shape the Samosas as described in step 4.

Day 3: Bake and enjoy! While watching a video.

<https://www.youtube.com/watch?v=Pl55tJHadZc>

### **What are Indian Samosas?**

A samosa is a fried central Asian pastry with a savory filling, including ingredients such as spiced potatoes, onions, peas, meat, or fish. It is made into different shapes, including triangular, cone, or crescent, depending on the region.

## Pasteles De Platano (Plantain Pastries)

Yields About 15

- 1 pound ripe plantains
- 1/8-1/4 cup granulated sugar
- Cinnamon to taste
- Pastry cream, see below
- Nutmeg, as needed
- Granulated sugar, as needed



1. Mash the cooked plantain with cinnamon and a little sugar.
2. Using a #30 scoop, portion out plantains and press this into rounds.
3. Fill with pastry cream and seal (like an empanada). Dust with nutmeg.
4. Fry until golden, drain on paper towels, then roll in sugar.

### Pastry Cream 1x per rotation

- 1 quart milk
- 8 ounces sugar
- 3 ounces corn starch
- 3 eggs

1. Combine half of the sugar with milk in a pot; bring to a boil over medium heat.
2. In a bowl, mix the corn starch, remaining sugar, and eggs.
3. Temper the two mixtures: pour half of the milk into the egg mixture mixing well with a whisk. Pour everything back into the saucepan with the remaining boiling milk.
4. Over medium heat bring this mixture back to boil mixing constantly. Boil for 2 minutes mixing constantly to cook the starch properly.
5. Strain.
6. When cool, beat the custard to bring it back to a creamy texture if needed.

<https://www.youtube.com/watch?v=Tif1CvRsgy4>

### **30 MINUTE LABS**

Day 1: Boil and mash the plantain.

Day 2: Make the pastry cream.

Day 3: Shape the mashed plantain, portion in filling, and seal.

Day 4: Fry and enjoy.

# Spanakopita

This spanakopita recipe is sauteed spinach, feta cheese and seasonings, all wrapped up in phyllo dough and baked until golden brown and crisp.

## Ingredients

- 2 tablespoons olive oil
- 2 10-ounce boxes frozen spinach, thawed
- 1/2 cup onion finely chopped
- 1/2 cup green onions thinly sliced
- 1 teaspoon minced garlic
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh dill
- 8 ounces feta cheese crumbled
- 1 egg lightly beaten
- salt and pepper to taste
- 1 pound phyllo dough sheets thawed
- 3/4 cup butter melted



## Instructions

1. Preheat the oven to 375 degrees F. Line 2 sheet pans with parchment paper.
2. Squeeze as much liquid as possible from the thawed spinach. Chop.
3. Add oil and onion to a large saute pan and cook for 3-4 minutes or until softened. Stir in the green onions, garlic, parsley and dill and cook for 30 seconds.
4. Transfer the onion mixture to a bowl along with the chopped spinach, feta cheese and egg. Season generously with salt and pepper to taste. Stir until thoroughly combined.
5. Take the phyllo dough out of the package and unroll it onto a flat surface. Keep the phyllo covered with plastic wrap or a damp towel when you're not working with it.
6. Lay out one sheet of dough with the long end facing you. Brush the melted butter over the dough.
7. Add a second layer of dough on top of the first, then brush the second layer with butter.
8. Cut the dough vertically into 3-inch-wide strips.
9. Place 1 1/2 teaspoons of filling on one end of the dough strip. Fold one corner of the dough over the filling to make a triangle shape.
10. Fold the strip of dough over itself the same way you'd fold a flag until you reach the end. Brush a little melted butter over the top and place the triangle on the prepared sheet pan.
11. Repeat the process with the remaining dough and filling.
12. Arrange the triangles 1 1/2 inches apart on the sheet pans. Bake one pan at a time for 18-20 minutes or until golden brown. Serve immediately.

## 30 MINUTE LABS

Day 1: Steps 1-4. Prepare the filling.

Day 2: Steps 5-8. Layer the phyllo with melted butter. Be sure to thaw phyllo before class.

Day 3: Steps 9-11. Place filling on strips of phyllo and fold into triangles. They can be frozen at this point.

Day 4: Bake and enjoy.

### What is Spanakopita?

*Spanakopita* is a pie that sports history of its own, too. The origins of spanakopita are difficult to trace, although some say it may have originated in Greece over 400 years ago. The savory snack may be related to *ispanakli*, a similar Turkish dish. The most delicious and authentic spanakopita recipes in the world are believed to be derived from the region of Epirus, in the northwest of Greece. The traditional filling comprises chopped spinach, feta cheese, onions or scallions, egg, and seasoning. The filling is wrapped or layered in filo pastry with butter or olive oil, either in a large pan from which individual servings are cut or rolled into individual triangular servings. While the filo-dough recipe is most common, many recipes from the Greek islands call for a crust made of flour and water to form a crunchier, calzone-like exterior in place of the flaky filo dough. Other white, fresh, preferably salted cheeses may also be mixed with, or substituted for, the feta cheese, and, in rural Greece, smaller amounts of spinach are used, with the missing amount replaced with leeks, chard and sorrel.