

February, 2019

“Best of Gluten Free Homestyle Cooking” Cookbook
Copyright - Sharon Hicke, Wooden Spoon Publishing

www.homestylecookingglutenfree.com

Perogies

This is an additional recipe that is not in the cookbook. Please feel free to download and enjoy.

There are two different recipes for dough and two recipes for fillings.

The recipes were developed using the listed ingredients. Substituting alternate ingredients (such as All-Purpose Gluten Free Flour mixes found in stores) may not yield satisfactory results.



I make the dough and fillings one day, then assemble and cook (or freeze) on the second day. I especially like the two day method if I'm making large batches of perogies for the freezer. There are two different types of dough....one for the Sauerkraut perogies and one with instant potato flakes added to the flour mix for the Potato perogies.

Please ensure ALL INGREDIENTS ARE GLUTEN FREE

The following ingredients **may** contain gluten, so please check carefully.

Sauerkraut, Bacon, Dry Cottage Cheese, Baking Powder, Pepper,
Instant Potato Flakes

The Sauerkraut/Bacon **filling** recipe will make about 6 dozen perogies.

The Potato/Cottage Cheese **filling** recipe will make 4 - 5 dozen perogies.

The **large batch** Potato/Cottage Cheese **filling** recipe will make at least 12 dozen perogies.

This is based on using 1 tbsp (15 mL) of filling in a 3½" (9 cm) round.

I find that 3½" rounds with 1 tbsp filling are the best for "the amount of dough compared to filling ratio". Anything smaller than 3½" will not hold 1 tbsp of filling and a larger size will be too much dough.

To use all of the Potato/Cottage Cheese filling, you will need to make 1 recipe of Potato dough. Or, 3 recipes of dough if you are making the large batch Potato filling recipe.

To use all of the Sauerkraut filling you will need to make 2 recipes of Sauerkraut dough. Or, if you only want to make one recipe of dough.....the extra Sauerkraut filling can be frozen for another time.

Only make one dough recipe at a time... to not overload the KitchenAid with the dough hook. A silicone mat for rolling out dough works very well. If you don't have a mat, then roll the dough between two sheets of wax or parchment paper.

I use filtered or bottled water in the dough recipes.

Filling for Sauerkraut Perogies

3-4 cups (750 -1000 mL) Sauerkraut, undrained

2 large Onions, chopped - about $\frac{3}{4}$ cup (175 mL) after minced in food processor

2 packages Bacon - about $1\frac{1}{4}$ to $1\frac{1}{2}$ cups (300-375 mL) after cooked and minced

In a skillet, cook bacon (one package at a time) until crisp. Wrap in paper towel and remove as much fat as possible.

Using a small amount of bacon grease, saute onions for 5 minutes. Wrap in a paper towel to remove as much fat as possible.

Cool bacon and onions slightly. Put each in a food processor and chop until very fine.

Place sauerkraut (undrained) in a saucepan with bacon and onions. Simmer, uncovered for 30 minutes to reduce liquid. Stir occasionally.

Let cool. Cover and store in refrigerator for several hours or preferably overnight, to let the flavors blend.

This is enough filling for about 6 dozen perogies. You will need 2 recipes of the Sauerkraut dough to use all the filling or..... freeze extra filling for another time.

Note: The Sauerkraut filling freezes well.



Dough for Sauerkraut Perogies

- 2 cups (500 mL) White Rice Flour, lightly spooned & leveled
- ¾ cup (175 mL) Tapioca Flour, lightly spooned & leveled
- ¾ cup (175 mL) Cornstarch, lightly spooned & leveled
- ½ cup (125 mL) Potato Starch, lightly spooned & leveled
- 4 tsp (20 mL) Corn Flour
- 2 tsp (10 mL) Sea Salt
- ½ tsp (2 mL) Baking Powder
- 3 tsp (15 mL) Xanthan Gum
- 2 large eggs, slightly beaten
- 1 cup (250 mL) cold water
- 1 tbsp (15 mL) apple cider vinegar
- 4 tbsp (60 mL) extra virgin Olive oil



Using a fine mesh sieve, sift the flours into the KitchenAid bowl. Add the remaining dry ingredients and whisk all together.



In a small bowl, beat eggs with a fork then beat in water, vinegar and oil. Make a well in the center of the dry ingredients and add liquid ingredients. Stir with a wooden spoon until difficult to handle.

The dough must now be kneaded until it forms a smooth workable dough. I use my KitchenAid with the dough hook. Start off at a slow speed and increase the speed to medium after it is thoroughly mixed. Watch the dough carefully as it likes to crawl out of the bowl when it forms a ball. This takes several minutes and needs a

good beating to knead. Just keep beating until it all comes together and forms a smooth ball (about 8-10 minutes total time). If dough seems too dry, add cold water 1 tsp (5 mL) at a time.

If you don't have a KitchenAid, then use your hands and knead until you have a smooth rollable dough.

Wrap dough in parchment paper and seal in a plastic bag. You can now either roll out the dough or store in the refrigerator for several hours or overnight.

Makes about 3 dozen perogiesor more if you re-roll all of the scraps.



Remove the dough from the refrigerator 2 hours before rolling.

Filling for Potato/Cottage Cheese Perogies

6 cups (1.5 L) Russet potatoes, cooked and mashed (about 3.3 pounds/ 1.5 kg)

2½ cups (625 mL) **Dry Curd** Cottage Cheese (about 300 to 400 grams)

½ tsp (2 mL) Sea Salt

½ tsp (2 mL) Pepper

Use Russet potatoes because they are a drier potato.

In a large Dutch oven, boil potatoes until tender. Drain, then rice or mash (do not add milk). Using a ricer on the potatoes works extremely well.

In a large bowl, mix together the potatoes, dry curd cottage cheese, salt and pepper.

Cool, then cover and store in the refrigerator for several hours or preferably overnight.

This is enough filling for at least 4 dozen perogies, enough for 1 recipe of the Potato dough.

Note: Perogies made with this filling freeze very well. But, don't freeze the filling on its own as it gets watery when frozen and thawed.

Large Batch Potato/Cottage Cheese Filling

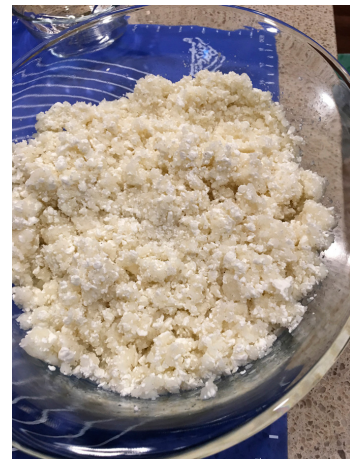
10 pounds (5 kg) Russet potatoes, cooked and mashed

7 - 8 cups (1000-1200 g) **Dry Curd** Cottage Cheese

1½ tsp (7 mL) Sea Salt

1½ tsp (7 mL) Pepper

This is enough filling for at least 12 dozen perogies. You will need 3 recipes of Potato dough to use all the filling.



Dough for Potato/Cottage Cheese Perogies

- 2½ cups (625 mL) White Rice Flour, lightly spooned & leveled
- 1 cup (250 mL) Tapioca Flour, lightly spooned & leveled
- 1 Cup (250 mL) Cornstarch, lightly spooned & leveled
- ½ cup (125 mL) Potato Starch, lightly spooned & leveled
- 5 tsp (25 mL) Corn Flour
- 1½ cups (375 mL) Instant Potato Flakes
- 1 tsp (5 mL) Baking Powder
- 1 tsp (5 mL) Sea Salt
- 4 tsp (20 mL) Xanthan Gum
- 2½ cups (625 mL) Hot Water (heat in microwave for 2 minutes)
- ½ cup (125 mL) extra virgin Olive oil

Using a fine mesh sieve, sift the flours into the KitchenAid bowl. Add the remaining dry ingredients and whisk all together.

In a large measuring cup combine hot water and oil. Make a well in the center of the dry ingredients and add liquid ingredients. Stir with a wooden spoon until difficult to handle.

The dough must now be kneaded until it forms a smooth workable dough. I use my KitchenAid with the dough hook. Start off at a slow speed and increase the speed to medium after it is thoroughly mixed. Watch the dough carefully as it likes to crawl out of the bowl when it forms a ball. This takes several minutes and needs a good beating to knead. Just keep beating until it all comes together and forms a smooth ball (about 8 -10 minutes total time). If dough seems too dry, add hot water 1 tsp (5 mL) at a time.



If you don't have a KitchenAid, then use your hands and knead until you have a smooth rollable dough.

Wrap dough in parchment paper and seal in a plastic bag. You can now either roll out the dough or store in the refrigerator for several hours or overnight.

Makes about 4 dozen perogies....or more if you re-roll all of the scraps.

Remove the dough from the refrigerator 2 hours before rolling.



Assembly

Remove the dough from the refrigerator 2 hours before rolling.

Cut dough into 4 equal pieces.

Lightly dust a silicone mat with Tapioca Flour. If you do not have a silicone mat, roll the dough between two sheets of wax or parchment paper.

Roll one piece of dough at a time, keep the remaining pieces in the plastic bag to prevent drying out.

Roll dough until it is **no more** than 1/8" (3 mm) thick. You want the dough to be as thin as possible without tearing.

Cut into 3½" (9 cm) rounds.

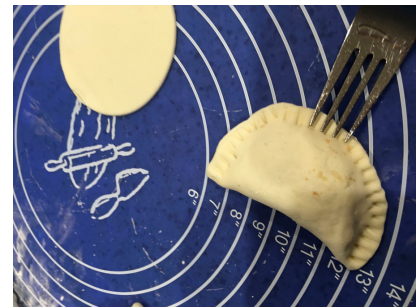
Scraps may be kneaded together and re-rolled.



If necessary, use a spatula to lift the rounds off the mat.

Fill each round with 1 tbsp (15 mL) of filling. Using a #60 or #70 spring-loaded scoop works well.

Have a bowl of water close. Dip your finger in the water and wet one half of the round on the inside edge. Seal perogies with your fingers then use a fork to press down on the edges. Be careful not to poke through the dough with the tines of the fork.



Place on a parchment-lined cookie sheet and cover with a tea towel, to prevent drying out. At this point you can either cook the perogies or freeze them.

Freezing

When the cookie sheet is full (with no perogies touching), cover with plastic wrap and place in freezer for several hours until frozen.

Once frozen solid, transfer to plastic bags. Seal well and store in freezer for 4 to 6 weeks.

Cooking

Chop a few onions and precook in butter, set aside.

Fill a large Dutch oven or saucepan 2/3 full with fresh cold water. Add a spoonful of olive oil to the water. Bring to a boil.

Carefully drop perogies, one at a time, into the boiling water. Only cook 6-8 perogies at a time. Cooking a few at a time helps to prevent them from sticking to each other and allows the water to return to a boil quicker.

They will sink to the bottom of the pot. Carefully stir with a wooden spoon to prevent them from sticking.

When they start floating to the top (1 to 2 minutes for fresh perogies or 3 to 4 minutes for frozen perogies) set the timer for 5 minutes to allow them to finish cooking. They require a longer boiling time than wheat flour perogies.



Remove with a skimmer or slotted spoon and transfer to a frypan (if frying) or a serving dish with melted butter and precooked onions.



To fry the perogies.

Melt butter in a skillet and add some precooked onions. Add perogies, 6 -8 at a time and fry on medium heat for a few minutes, until lightly browned.

Don't fry too long or the dough will get tough.

Remove to a serving dish and keep warm in a 200°F (100°C) oven.

Serve with sour cream.

Note:

Leftover cooked perogies will get hard when stored in the refrigerator but will soften again when warmed in the microwave.