

Euro-Asian Recipes

VEGETARIAN BEEF STROGANOFF

1 20-ounce can vegetarian steaks	2 tablespoons soy sauce
2 tablespoons oil	1 tablespoon chopped parsley
1 medium or large onion, chopped	1 cup hot water
$\frac{3}{4}$ to 1 cup sliced mushrooms	$\frac{2}{3}$ cup sour cream
1 large clove garlic or $\frac{1}{4}$ teaspoon garlic powder	$\frac{1}{3}$ cup grated cheddar cheese
2 or 3 tablespoons beef-like seasoning	1 pound wide egg noodles, cooked
2 teaspoon salt	

Cut vegetarian steaks or gluten into bite-size pieces and coat with flour. Sauté in oil until lightly browned. Add onion, mushrooms, and garlic and continue cooking until onion turns transparent. Add beef-like seasoning, salt, soy sauce, and parsley to water and mix well. Pour into pan with gluten and continue simmering for 20 minutes, stirring occasionally and adding a small amount of additional water if necessary to prevent sticking. (If dish will be served at a later time, remove from heat and refrigerate at this point.) Reheat to boiling and remove from stove. Add sour cream and grated cheese; stir until cheese melts. Serve over noodles.

APRICOT KISSEL

Kissel is a popular dessert in the countries of the Euro-Asia Division.

1 cup (6 ounces) dried apricot halves	3 tablespoons cornstarch
2 cups water	Dash of salt
$\frac{1}{4}$ cup sugar	Whipped cream or sour cream

Simmer apricots in water until tender, about 20 minutes. Place apricots and $\frac{1}{2}$ cup cooking liquid in blender; purée until smooth. Press through a sieve. Mix sugar, cornstarch, and salt in saucepan; gradually stir in purée and remaining cooking liquid. Heat to boiling, stirring constantly. Boil one minute. Pour into dessert dishes. Serve with whipped cream or sour cream.

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BLINY (RUSSIAN PANCAKES)

These crepe like pancakes, filled with sweetened cottage cheese or farmer's cheese or with fruit and sour cream, are a popular dessert throughout Russia.

Pancakes

2 to 2½ cups wheat flour	4 cups sour milk (or use sour cream diluted with milk to cream consistency)
2 eggs, separated	Salt, to taste
4 tablespoons clarified butter	2 to 3 tablespoons vegetable oil

Mix flour, egg yolks, clarified butter, sour milk, and salt in a bowl. Beat egg whites until stiff, and stir into the batter. Heat a frying pan over medium heat; add oil and spread evenly over pan surface. Pour in small amount of bliny batter; when pancake turns light brown on the bottom and bubbles show on top, turn it over. Spread butter on finished pancakes and stack on plate. To serve, drop a spoonful of filling (see recipes below) onto pancake and roll up.

Cheese Filling

1 raw egg, beaten	1 cup small-curd cottage cheese
1 tablespoon sugar	Raisins, optional

Mix egg and sugar or raisins into cottage cheese. Drop large spoonful onto pancake and roll up. Lay in lightly greased baking dish and bake at 350° F for 10 minutes or until egg is set.

Fruit Filling

2 cup water	1 cup fresh fruit
2 cup sugar	(strawberries, blueberries, etc.)
1 to 2 tablespoons cornstarch	Sour cream or whipped cream

Place water, sugar, and cornstarch in a saucepan and mix until dissolved. Add fruit and bring to a boil, stirring constantly, until mixture thickens. Remove from heat. Drop by tablespoons onto individual blinys, roll up, and serve with sour cream or whipped cream as garnish. If fresh fruit is not available, use strawberry or apricot jam as a filling.