

Olympics-Inspired Recipes from RoofTop Hot

Russian cuisine is not just all borscht, blintz, & blinis! Experience the culinary culture of this year's host city, Sochi.

Russian Vinegret Salad This beet & potato salad with pickled dill dressing is a deliciously easy side dish.

Ingredients:

- 2 med. beets (3" in diameter), washed, but not peeled
- 2 med. red potatoes, washed, but not peeled
- 1 large carrot, washed, but not peeled
- 1 large yellow onion, finely diced
- 2 large pickles, finely diced
- 2 cups peas, optional
- 2 tbsp. juice from pickles, or to taste
- 1/3 cup sunflower oil or olive oil
- Salt & black pepper, to taste

Directions:

- 1. Cook the Vegetables:** Place beets, potatoes, & carrot in a large pot, cover with cold water seasoned with salt, cover with lid, & bring to boil. Reduce heat to medium-low, partially uncover, & simmer until vegetables are tender, not mushy. The carrot takes 20-30 min, pull it out once it is done. Potatoes take 30-40 min., & beets take about an hour. Beets never get as tender as potatoes, so if a knife pierces them easily, they are done.
- 2. Peel & Chop the Vegetables:** Cool vegetables. Use a paring knife or peeler to peel the beets, potatoes, & carrot. Dice all vegetables into small cubes & place in a large bowl. Add diced onions, pickles, & peas.
- 2. Dress the Salad:** Dress salad with pickle juice, oil, salt, & pepper. Taste & adjust seasoning. Let the salad sit in the fridge several hours or overnight to blend flavors.

Georgian-Style Solyanka

Chunks of meat are slow cooked in a hearty sauce until tender, producing a complex and spicy depth of flavor.

Ingredients:

- 2 pounds beef or bison sirloin, rib eye, or top round
- Salt & pepper
- 2 tablespoons flour
- 3 tablespoons butter or olive oil
- 2 medium onions, peeled & coarsely chopped
- 3 garlic cloves, peeled & chopped
- 1/2 cup tomato puree
- 2 tablespoons Worcestershire sauce mixed w/ hot sauce
- 1-1/2 cup dill pickles, coarsely chopped
- 2 tablespoons capers, optional
- 1-1/2 tablespoons red wine vinegar
- 3/4 cup water or broth

Directions:

- 1. Brown the Meat:** Preheat the oven to 300°F. Sprinkle the meat salt pepper, & flour. Stir to evenly coat. Heat the butter or oil in a large dutch oven (ovenproof pan with lid) on stove over medium heat. Add meat and cook until it is brown on both sides, 5-6 min. Stir in onions & garlic then cook, stirring occasionally until soft, 6-10 min. Add the remaining ingredients & mix well.
- 2. Bake the Dish:** Cover the dish and bake in the oven for 2 hours, stirring halfway, until meat is tender.

Pirozhki

Cabbage-filled buns made from home-made dough. Takes a little time, but easy!

Ingredients:

- Braised cabbage filling:*
- 1 small head of cabbage, shredded
 - 1 medium carrot, grated, optional
 - 1 large onion, diced
 - 1 teaspoon sea salt
 - 1 teaspoon ground black pepper
 - 1 teaspoon garlic powder
 - 1 teaspoon smoked paprika
- Pirozhki dough:*
- 1-1/2 cups warm milk
 - 1 tablespoon yeast
 - 1/2 tablespoon sugar
 - 1/2 teaspoon salt
 - 1 egg
 - 2 tablespoons olive oil
 - 3-4 cups flour
 - 1 egg yolk

Directions:

- 1. Make the Dough:** Warm milk in the microwave for 20 seconds (not to exceed 120°F). Add yeast & sugar to warm milk in a large bowl & let dissolve for 5 min. Add salt, egg, & oil then whisk together. Gradually add flour, whisking in first half then mixing by hand or with wooden spoon. Use rubber spatula to transfer to a floured surface and knead until smooth, 6 minutes. Alternatively place in mixer with dough attachment & mix 3 minutes. Place dough in a bowl and cover. Let rise until doubled.
- 2. Make the Filling:** Finely chop cabbage. I put it in the food processor with chopping & shredding blades attached. Add cabbage to pot and cover with hot water. Bring to a boil & simmer until cabbage is soft, 10-15min. Heat 1 tablespoon oil in a skillet over medium heat. Add onions & garlic & cook until soft, stirring occasionally. Drain cabbage and add to skillet with onions. Add spices and 1 tablespoon butter. Stir to combine.
- 3. Make the Buns:** Place to the dough on a lightly floured surface. Form into a long snake 2" wide. Cut into 1" pieces & roll each piece into a ball. Flatten a ball into a 4-5" circle using floured hands. Sprinkle on more flour if sticky. Place a spoonful of the cabbage filling into the center and bring dough up around to enclose. Pinch dough to seal in filling. Place bun on a greased or parchment-lined baking sheet, pinched side down. Repeat for remaining buns, leaving space between buns. Brush with beaten egg yolk.
- 4. Bake the Buns:** Preheat oven to 400°F. Bake buns 20 minutes until golden brown.

Khinkali Georgian dumplings filled with a savory bison & pork mixture then boiled until cooked through. So good!

Ingredients:

for the dough:

4 cups flour
1 ¼ tsp. kosher salt

for the filling:

4 oz. ground bison or beef
4 oz. ground pork
1 tablespoon cilantro, finely chopped
1 tsp. dried fenugreek leaves, optional
1/2 tsp. Garlic powder
½ tsp. crushed red chili flakes
½ medium yellow onion, minced
(makes 12 dumplings)

Directions:

1. Make the Dough: Microwave 1 ¼ cups warm water in a bowl for 20 seconds (not to exceed 120°F). Stir together flour, salt, warm water in a bowl until dough forms. Use rubber spatula to transfer to a floured surface and knead until smooth, 6 minutes. Alternatively place in mixer with dough attachment & mix 3 minutes. Wrap dough in plastic wrap & refrigerate for 40 min.

2. Prepare the Filling: Combine remaining ingredients in a bowl & mash with clean hands until evenly mixed. Season with salt & pepper, then set filling aside.

3. Make the Dumplings: Divide dough into 12 equal pieces. Shape each piece into a ball. Using a rolling pin, roll a ball into a 6" round. Place about 2 tbsp. filling in center of the round. Fold dough over filling, creating pleats in dough as you go, until filling is covered. Holding dumpling in the palm of one hand, grasp top of dumpling where pleats meet and twist to seal pleats. Repeat with remaining dumplings.

4. Cook the Dumplings: Bring a large pot of salted water to a boil. Working in batches, boil dumplings until they float and dough is tender, about 8 minutes. Drain and serve hot. Season with black pepper.

Mtsvadi Sashlyk, Georgian shisk kebabs

Ingredients:

1/4 cup water
juice of 1/2 lemon
2 lbs chicken or lamb, cubed
2 medium onions, minced
6 cloves garlic, chopped
1/4 cup apple cider vinegar
1 tablespoon black pepper
1 tablespoon oregano or marjoram
1 teaspoon salt.

Directions:

1. Marinate the Meat: Mince onions by placing in a food processor with chopping & shredding blades, or finely chop. Place all ingredients into a plastic bag and mix well until meat is evenly coated. Refrigerate for 24 hours, turning occasionally.

2. Cook the Meat: Place meat on metal skewers (or wooden skewers soaked in water for 2 hours) and grill 3-5 minutes on each side.

Lobios Chorba

Hearty red bean soup - spicy with onions, carrots, garlic and herbs.

Ingredients:

3 tablespoons butter or oil
2 medium onions, peeled & chopped
1 large carrot, peeled & chopped
3 cloves garlic, peeled & chopped
2 cans kidney beans, drained
1-1/4 teaspoon salt
1 hot pepper, chopped or hot sauce
2 cups broth
1 tablespoon each parsley, cilantro, & dill, chopped
1/3 cup minced celery leaf, optional
1 tablespoon red wine vinegar

Directions:

1. Cook the Vegetables: Heat butter or oil in skillet over medium heat. Add onions, garlic, carrots, & cook 15-20 min. until soft. Add beans & hot sauce then stir to combine. Add broth and simmer 10 min. until thickened. Add herbs, celery leaf, & vinegar then serve.

Khachapuri

Cheese filled flatbread boat with an egg sunny side up for dipping. Intermediate, a Georgian specialty!

Ingredients:

1 tsp. active dry yeast
¼ tsp. sugar
1 tbsp. olive oil, plus more for greasing
1 ¼ cups flour, plus more for dusting
1 tsp. kosher salt
2 ¼ cups shredded Muenster cheese
2 eggs

Directions:

1. Make the Dough: Combine yeast, sugar, and ¾ cup water heated to 115°F in a bowl; let stand until foamy, about 10 minutes. Add oil, flour, & salt; mix with a wooden spoon until a soft dough forms. Transfer to a lightly floured surface and knead until smooth and elastic, about 4 minutes. Transfer to a lightly greased bowl and cover loosely with plastic wrap; set in a warm place until doubled in size, about 45 minutes.

2. Shape the Bread: Place a pizza stone on a rack in lower third of oven. Heat oven to 500° for 1 hour. Combine cheeses in a bowl; set aside. Punch down dough and divide in half. On a piece of lightly floured parchment paper, roll half of dough into a 10" circle about ⅛" thick. Spread a quarter of the cheese mixture over dough, leaving a ½" border. On one side of the circle, tightly roll dough about a third of the way toward the center. Repeat on the opposite end. There should be a 2"-3" space between the two rolls. Pinch the open ends of the rolls together and twist to seal, making a boat shape; place another quarter of the cheese mixture in the middle; repeat with remaining dough and cheese.

2. Bake the Bread: Transfer boats on paper to stone; bake until golden brown, 14-16 minutes. Crack 1 egg into the center of each boat. Return to oven until egg white is slightly set, 3-4 min. Eat with your hands, pinching off the corners & dip them in the cheese-egg filling.