

Cheap and Easy Perogies

(makes 60-70 perogies, 6-8 per person/serving, \$0.20 per perogie)

Ingredients

Dough

4 ½ cups all-purpose flour
2 tsp salt
2 cups yogurt or sour cream
2 eggs
1 tbsp water, as needed

Filling

5 Russet potatoes, roughly cubed
1 ½ cups sharp cheddar cheese, shredded
salt and pepper, to taste

Instructions

Put the chopped potatoes in a pot and cover with water and a bit of salt. Bring to a boil over medium-high heat until potatoes are tender, about 20 minutes. Test them with a fork: if it goes through easily, they're done.

While potatoes are boiling, in a large bowl, mix the flour and salt. Pour in the yogurt, eggs, and tablespoon of water. Mix it slowly and carefully. The dough will be quite sticky. Cover the dough with a damp towel and set aside.

Drain the potatoes, mash, then add shredded cheese, salt, pepper, and any additions to the pot. Using strong aged cheese means you can use less. Potatoes must be cool before being wrapped in dough. You can lay the potatoes on a cookie sheet in the freezer for about 15 minutes.

Flour a clean countertop liberally. Split the dough in half. Keep one half covered with damp towel and place the other half on the floured surface. Use a rolling pin to flatten the dough to about 1/8" (2-3mm) thick. Punch out as many 3" dough circles as possible, using a round cookie cutter or a drinking glass.

Lay the dough on a floured surface. Drop about a tablespoon of filling in the center of one circle of dough. Wet the edges of circle with a bit of water. Fold the dough over the filling and press the edges with a fork. Repeat until you run out of circles and remaining dough. Use a little more water to rub out any cracks

To freeze perogies, let cool or freeze in freezer for 15-30mins until hard and then put in freezer bags with the air squeezed out, 12 or so to a bag. Frozen perogies keep for at least 6 months.

Cooking

From fresh or frozen, boil a pot of water and add about 6-12 perogies depending on pot size. Stir gently to prevent sticking. Cook until they rise to the top, then 3 more minutes for fresh and 5 minutes for frozen. Pull out boiled perogies with a spoon, add butter to prevent sticking. Perogies can be eaten boiled or they can be pan-fried afterwards. Melt a tbsp of butter in a pan on medium heat, then fry up perogies, (six per person is plenty). Flip every few minutes until they're browned on all sides. Serve with onions and sour cream.



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Additions and Varieties

For variety, serve perogies with fried onions and garlic. You can spice perogies up with whatever herbs you want, rosemary, paprika, cayenne pepper, curry, etc. The filling is versatile. Add chopped bacon or other meat and spices.

Dessert perogies can be made with fruit. Get 500g of blueberries, strawberries, etc. Just add 1 tbsp of icing sugar to the dough and follow the same instructions. Fry the fruit in a pan with a little sugar to soften. Put a few pieces of fruit in the middle of the perogie dough for the filling.

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Sautéed Chickpeas and Broccoli with Cheddar Flakes

(serves 4, \$0.80 per serving)

Ingredients

2 tbsp olive oil

1 small onion, thinly sliced

4 cloves garlic, thinly sliced

Salt and pepper

1 ½ (2 cups) heads broccoli, including stalks, trimmed and chopped

1 (10.5 oz.) can chickpeas, drained and rinsed

1/3-cup chicken or vegetable broth

1/4 tsp crushed red pepper

1/3-cup strong white cheddar shavings (or any other strong cheese, eg: parmesan)

Instructions

In a large skillet (preferably one with a lid), warm olive oil over medium heat until hot.

Carefully add onion, garlic and salt, and sauté, stirring often, until onion becomes transparent and garlic just begins to turn golden brown, about 4 to 5 minutes.

Toss in broccoli; sauté for 3 minutes.

Add chickpeas, broth and red pepper. Stir once, cover and cook for 3 minutes more, just to heat through and finish cooking broccoli.

Uncover, season with pepper, sprinkle with cheddar or other cheese and serve.