



Our Parish Table: Recipes, Memories, and Faith

A collection of beloved family recipes, fasting dishes, and festive meals shared by the members of our parish.

Apsida Foundation

In support of Cemetery Chapel of St. Nicolas

US customary edition

Helen W., Maria J., Anna W., Irene C., Natalie B., Olga M., Tatiana A., Catherine D., Sophia M., George W., Alex T., Vera H., Sasha Molodin

Welcome



Dear Brothers and Sisters in Christ,
The life of a parish is formed not only during divine services, but also through the fellowship, hospitality, and care we share with one another. Around the table, families pass down their traditions, welcome guests, celebrate feast days, and offer comfort in difficult times.

This cookbook brings together recipes treasured by the families of our community. Some have been handed down for generations; others have become favorites at parish celebrations, fasting meals, and coffee hour. Each recipe carries a personal memory and tells a small part of our common story.

I offer my sincere thanks to everyone who contributed a recipe, photograph, or family remembrance, as well as to those who helped edit and prepare this book. By purchasing it, you are preserving our shared heritage and supporting an important project of our parish.

— *Fs. Andrew, Pastor*

About the project

Cemetery Chapel of St. Nicolas

A wooden cemetery chapel for panikhidas, graveside prayers, and quiet consolation beside the parish cemetery.

Fundraising goal: \$155,000

Purchasing this cookbook is a contribution to this project.

Apsida Foundation



Campaign page



Table of contents

FEATURED

Plov · Sasha Molodin	5
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APPETIZERS & STARTERS

Eggplant Caviar (Baklazhannaya Ikra) · Helen W.	7
Cheese Blini Bites · Maria J.	8
Pickled Mushrooms · Anna W.	9
Stuffed Grape Leaves · Irene C.	10

SOUPS & STEWS

Lenten Beet Borscht · Natalie B.	11
Chicken Noodle Soup · Olga M.	12
Solyanka · Tatiana A.	13
Mushroom Barley Soup · Catherine D.	14

SALADS & SIDE DISHES

Olivier Salad · Sophia M.	15
Vinegret · George W.	16
Cucumber Tomato Salad · Alex T.	17
Braised Cabbage · Vera H.	18

MAIN COURSES / ENTREES

Pelmeni · Helen W.	19
Cabbage Rolls (Golubtsi) · Maria J.	20
Beef Stroganoff · Anna W.	21
Potato Pierogi · Irene C.	22

BREAKFAST & BRUNCH

Syrniki · Natalie B.	23
Buckwheat Kasha with Milk · Olga M.	24
Cheese Omelette Parish Style · Tatiana A.	25

MEAT & POULTRY

Roast Chicken with Garlic · Catherine D.	26
Lamb Shashlik · Sophia M.	27
Pork Schnitzel · George W.	28
Turkey Cutlets · Alex T.	29

FISH & SEAFOOD

Baked Salmon with Dill · Vera H.	30
Herring Under a Fur Coat · Helen W.	31
Pan-Fried Trout · Maria J.	32

VEGETARIAN & VEGAN

Lenten Stuffed Peppers · Anna W.	33
Bean Stew with Herbs · Irene C.	34
Roasted Root Vegetables · Natalie B.	35

PASTA & GRAINS

Buckwheat with Mushrooms · Olga M.	36
Egg Noodles with Butter · Tatiana A.	37
Rice Pilaf with Herbs · Catherine D.	38
Plov · Sasha Molodin	5

BAKING & BREAD

Kulich (Pascha Bread) · Sophia M.	39
Pirozhki with Cabbage · George W.	40
Rye Loaf · Alex T.	41
Garlic Flatbread · Vera H.	42

DESSERTS & SWEETS

Pascha Cheese · Helen W.	43
Medovik (Honey Cake) · Maria J.	44
Apple Sharlotka · Anna W.	45
Cherry Vareniki · Irene C.	46

SAUCES & DRESSINGS

Horseradish Cream Sauce · Natalie B.	47
Dill Sour Cream Dressing · Olga M.	48
Tomato Sauce for Golubtsi · Tatiana A.	49

BEVERAGES & COCKTAILS

Kompot of Summer Fruit · Catherine D.	50
Spiced Tea with Honey · Sophia M.	51
Kissel · George W.	52

QUICK & EASY / 30-MINUTE MEALS

Fifteen-Minute Scramble · Alex T.	53
Toast with Farmers Cheese · Vera H.	54

PRESERVES & CANNING

Strawberry Jam · Helen W.	55
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Plov

Sasha Molodin



Plov is a fragrant Central Asian rice dish made with tender lamb, carrots, onions, and warm spices. Cooked together in a single pot, it is traditionally served at family celebrations and communal gath

Plov has always been more than a meal in our family. My grandmother prepared it whenever relatives gathered around our table. She began early, cutting the carrots by hand into long, thin strips. Soon, the fragrance of lamb, onions, cumin, and garlic filled the house. The children waited nearby, hoping to receive the first tender piece of meat. My grandmother never hurried the rice, because she believed good plov required patience. Before serving it, she quietly thanked God for the food and everyone gathered together. The finished plov arrived on one large platter, golden and steaming. We ate slowly, shared stories, and stayed at the table long after the meal was finished. Today, whenever I prepare plov, that familiar aroma brings our family home again.

🕒 Prep. 30 min · Cook 65 min 👤 10

Ingredients

- 2 cup Long-grain rice
- 1 1/2 lb lamb shoulder, cut into 1 1/2-inch pieces
- 1 cup vegetable oil
- 2 piece large onions, thinly sliced
- 1 lb carrots, cut into thin strips
- 1 whole head of garlic
- 1 tbsp ground cumin
- 1 tbsp coriander seeds, lightly crushed
- 1 tbsp paprika
- 1/2 tbsp freshly ground black pepper

Directions

Step 1

Rinse the rice several times until the water runs nearly clear. Cover it with warm, lightly salted water and soak for 30 minutes.



Step 2

Heat the oil in a heavy Dutch oven or kazan over medium-high heat. Add the lamb and brown it well on all sides.



Step 3

Add the onions and cook for 6-8 minutes, until golden and softened.



Step 4

Add the carrots. Cook without stirring for 3 minutes, then gently mix and continue cooking for another 7-8 minutes.



Step 5

Add the cumin, coriander, paprika, black pepper, and about half the salt. Stir until fragrant.



Step 6

Pour in enough hot water to cover the meat. Add the optional chickpeas, reduce the heat, and simmer uncovered for 35-45 minutes.



Step 7

Remove the loose outer skin from the garlic head without separating the cloves. Place the whole head in the center of the pot. Drain the rice and spread it evenly over the meat and carrots. Do not stir the layers together.



Step 8

Carefully add enough hot water to cover the rice by approximately 1/2 inch. Increase the heat and cook uncovered until most of the liquid has evaporated. Gather the rice into a mound, make several holes through it with the handle of a wooden spoon, cover tightly, and cook over.

