

Making *Pelmeni* 1: Preparing the Dough and Stuffing

Russian transcript:

Здравствуйте, дорогие ребята, сегодня мы с вами будем готовить замечательнейшее украинское блюдо – пельмени¹. В первую очередь мы возьмем три стакана муки для приготовления теста. Три стакана муки, одно яйцо, две трети стакана воды и одну чайную ложку соли. В первую очередь я высыплю три стакана муки в большую миску, разобью туда яйцо, добавлю чайную ложку соли, вылью две трети стакана воды и тщательно это все замешу. Лучше всего, чтобы у вас на руках не было никаких украшений, включая часов и колец.

Тесто для пельменей готово. Теперь займемся фаршем². Для фарша я взяла полпаунда свинины и полпаунда говядины. Я вместе это смешала, порезала пол-луковицы. Высыплю где-то чайную ложку соли, но соль в основном сыпится по вкусу, и добавлю перца. И все это тщательно перемешаю.

Теперь когда тесто и фарш готовы, начну раскатывать тесто. В первую очередь, стол нужно посыпать мукой, чтобы тесто не прилипло к нему. Нам также понадобится скалка такого вида. Отщипну небольшое количество теста, положу на стол и начну раскатывать. Время от времени, нужно тесто переворачивать с одной стороны на другую, чтобы оно не приклеилось ко столу. Когда тесто станет довольно тонким, нужно будет его вырезать на кругляшки. Для этого вам понадобится какой-нибудь стакан с острами краями.

English translation:

Dear children, today we are going to cook the most remarkable Ukrainian dish – *pelmeni*³. First of all, we are going to take three cups of flour for the dough. Three cups of flour, one egg, two-thirds cup of water, and one teaspoon of salt. First of all, I am going to empty three cups of flour into a large bowl, break the egg there, add a teaspoon of salt, pour [in] two-thirds cup of water, and carefully mix all of these. It is best not to have any jewelry on your hands, including watches and rings.

¹ Пельмени (*pelmeni*) are a type of dumplings. They are different from вареники (*varenyky*), another kind of dumplings eaten in Ukraine that are mentioned in a different video. While *pelmeni* are stuffed with different kinds of meat, *varenyky* can be stuffed with potatoes, cottage cheese, mushrooms, or sour cherries.

² Фарш (*farsh*) consists of some kind of ground meat to which diced onions, salt, and pepper have been added. It is usually used as a filling in Ukrainian and Russian cuisine, but the term is more specific than the English word “stuffing.”

³ *Pelmeni* (пельмени) are a type of dumplings. They are different from *varenyky* (вареники), another kind of dumplings eaten in Ukraine that are mentioned in a different video. While *pelmeni* are stuffed with different kinds of meat, *varenyky* can be stuffed with potatoes, cottage cheese, mushrooms, or sour cherries.

The *pelmeni* dough is ready. Now, let's work on the stuffing⁴. For the stuffing I took half a pound of pork and half a pound of beef. I mixed these together and chopped half an onion. Now, I am going to add about a teaspoon of salt, but salt is usually added based on your taste; I am going to add some pepper. I am going to mix all of these thoroughly.

Now, when the dough and stuffing are ready, I will start rolling out the dough. First of all, the table has to be sprinkled with some flour so the dough does not stick to it. We also need this type of rolling pin. I am going to take a small amount of dough, put it on the table, and start to flatten it out. From time to time, you need to flip the dough from one side to the other so that it does not stick to the table. When the dough becomes quite thin, it needs to be cut in a circular shape. To do this, you will need a glass with sharp edges.

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⁴ The speaker uses the Russian word *farsh* (Фарш), which means ground meat to which diced onions, salt, and pepper have been added. *Farsh* is usually used as a filling in Ukrainian and Russian cuisine, but the term is more specific than the English word “stuffing.”