

Making *Pelmeni* 2: Making and Cooking the Dumplings

Russian transcript:

Так. Все оставшиеся кусочки я соберу и положу обратно к оставшемуся тесту. Теперь для лепки пельменей беру один из таких кусочков и в центр его кладу небольшое количество фарша¹. Кружочек немножко растягиваю и складываю пополам, залепливаю скраев, а затем склеиваю концы друг с другом. Теперь получилось у нас такое ушко. Такие ушки я буду складывать на досточку, посыпанную мукой. Беру второе... второй круглешок, кладу небольшое количество фарша, растягиваю тесто, складываю пополам и склеиваю скраев. Концы круглешка я склею друг с другом. Раз, готово.

Вот лепка пельменей закончена, получилась такая вот красота. Сейчас мы будем их варить. Для этого я поставила кастрюльку воды для кипячения. Когда вода закипит, я ее посолю и добавлю листик... лавровый листик.

Вода закипела, теперь я добавлю немножко соли и пару лавровых листиков, но это по вкусу, добавлять их необязательно. Теперь буду забрасывать пельмени. После этого я пельмени помешаю, чтобы они не прилипли друг к другу. Варить пельмени нужно пока они не всплывут или где-то восемь – десять минут в кипящей воде.

Вот и сварились пельмени, теперь их можно подавать или с маслом, или со сметаной, а некоторые люди любят есть их с уксусом. Это, конечно, не все пельмени, которые мы слепили, остальную часть мы заморозили на будущее.

Приятного аппетита!

English translation:

The leftover pieces I am going to collect and put back into the remaining dough. Now to make a dumpling, I take one of these circular pieces [of dough] and place a small amount of stuffing² in the center. I stretch this circle a little bit, fold it in half, seal the edges, and then stick the ends together. We've got something that looks like an ear. These "ears" I am going to put on the cutting board. I take another circle [of dough], put a small amount

¹ 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."

² 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."

of meat [in the center], stretch the dough, fold it in half, and seal the edges. Now I stick the ends of the circle together. And it is ready.

The preparation of *pelmeni* is completed, and we've got this beauty. Now we are going to cook them. To do this, I put a pot filled with water to boil. When the water boils, I will salt it and add a bay leaf.

The water is boiling, so now I am going to salt it a bit and add a couple of bay leaves – but this is optional, [do this] only if you like the taste. Now I will throw the *pelmeni* in there. I am going to stir the dumplings so they do not stick to each other. *Pelmeni* should be cooked until they start floating on the surface, or somewhere from eight to ten minutes in the boiling water.

The *pelmeni* have been cooked. Now they can be served with butter, sour cream, or some people like to eat them with vinegar. This is of course not all the *pelmeni* we have made; we froze the rest for the future.

Bon appétit!

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