

Eastern Europe: Pierogi Filling Showdown

Prep Time: 20 minutes

Cook Time: 25 minutes

Total Time: 45 minutes

Servings: 4

Ingredients (for Dough)

- 2 cups all-purpose flour
- 1 large egg
- ½ cup warm water
- 1 tablespoon oil
- Pinch of salt

Ingredients (for Filling Options)

Option 1 – Savory Potato & Cottage Cheese:

- 1 cup mashed potatoes
- ½ cup cottage cheese
- ¼ teaspoon black pepper
- Salt to taste

Option 2 – Sweet Ricotta & Honey:

- ½ cup ricotta cheese
- 1 tablespoon honey
- ¼ teaspoon cinnamon
- Optional: lemon zest or raisins

Instructions

1. **Make the Dough:** In a bowl, mix flour and salt. Add egg, oil, and warm water gradually. Knead until smooth, about 5–7 minutes. Cover and rest for 20 minutes.
2. **Prepare the Fillings:**
 - *Savory:* Combine mashed potatoes, cottage cheese, salt, and pepper.
 - *Sweet:* Mix ricotta with honey, cinnamon, and lemon zest.
3. **Assemble:** Roll out dough thinly and cut circles (about 3 inches). Spoon filling in the center, fold over, and seal edges firmly.
4. **Cook:** Boil in salted water for 3–4 minutes until pierogi float. Optionally pan-fry in butter for a crisp edge.
5. **Serve:** Top savory pierogi with caramelized onions or Greek yogurt; sweet pierogi with honey drizzle or powdered sugar.

Nutrition (Per Serving, Avg of Both Fillings)

- **Calories:** 290 kcal
- **Protein:** 13g
- **Fat:** 9g
- **Carbohydrates:** 35g
- **Fiber:** 2g

Health Benefits

- **Protein Variety:** Combines ricotta and cottage cheese for balanced amino acids.
- **Energy Boosting Carbs:** Great pre- or post-workout meal from whole carbs and protein.
- **Gut-Friendly Dairy:** Ricotta and cottage cheese support digestion with probiotics.
- **Customizable Balance:** Choose savory for low-sugar fuel or sweet for a calcium-rich dessert.

Tips

- Seal pierogi edges with a touch of water to prevent leaks.
- For lighter texture, use part-whole wheat flour.
- Freeze uncooked pierogi on a tray, then store in zip bags for up to 2 months.
- Try mixing both fillings for a “duo platter” — half savory, half sweet.