

Khrustyky (Icicles) or Verhuny (Sweet Nothings)

**from *Baba's Kitchen: Ukrainian Soul Food*
By Raisa Stone**

Again, this two different name for same thing, from different region in Ukraina. We going to make about fifty of these thing. When people say “melt in mouth”, this what they mean. Is pretty easy recipe, but is little trick at end. If you kind of girl can tie knot in cherry stem with tongue, you be done in no time. If not, going to be extra ten minute.

Take out big bowl. Baba making it easy. This recipe all happen in one place. **Beat up egg yolk and gradual pour in white sugar. Mix in smetana, white flour and salt.** Your eye is getting all big. Baba said recipe was cheery, cute, tasty and easy. Not healthy.

Mix in brandy or rum. This keep dessert from absorbing as much oil in deep fryer. Rum extract not going to work, and no, is no avoiding deep fryer. Get over yourself.

Put lots flour on counter or pastry board. Knead like when kitten making big mess on your sweater. **When dough get smoothie, put cloth on top and go have tea. It only need ten minute rest,** so don't get too comfortable.

Roll out this dough very thin, because it going to hold its breath and puff little bit in hot fat. You would too. **About one eighth inch thick. With very sharp knife, cut dough into long strip one inch wide.** Yes, Baba know. You going to have to cover dough and run next door for sharp knife.

You back yet? **Cut dough on diagonal about three inch. You going to have all these piece in front of you look like diamond.** Is not diamond. Don't be fool.

Make slit in each piece, pick up each end and pull through like bowing tie. If you scratching head, stop. You have flour all over head. We just got kutya out from there. If you was using sharp knife to scratch, you maybe already notice.

If pulling through both end of dough is too much, only pull one end, then fold it back. This way you will not break so many. Remember what Baba say about skill with cherry stem. Is just to make interesting shape. Relax already.

Heat fat in deep fryer to 375 degree F. Sunflower oil is real good. This is Ukraina national flower.

Drop in few khrustyky at time, then use slot spoon to scoop when they goldie brown color. No, brandy or rum did not repel ALL oil, Miss Diet Head. **Put out paper towel** just like for bacon.

Baba law: Is better nutrition to make crazy indulgence only on holiday, than to stop at fast food place all time. Avoid these place, then don't feel guilty when you eat sugar and fat now and then.

Baba law also: Fat repel alcohol little bit, alcohol repel fat little bit.

Sprinkle khrustyky with icing sugar. Pretend is snow. They look little bit like tasty icicle. One time Baba daughter Odarka use that spray can snow, because this is way Odarka do everything since birth. Baba love her, but is sometime dismay. Anyway, that work out so good, Baba make her and other kid punch hole in each one and hang on tree.

Khrustyky is excellent hot, but is just fine cool. You can make ahead of time for guest or caroler. If you taking to friend house, put in paper bag. Will make your heart thump how grease make stain on brown paper. Baba know you know exactly what she mean.

Baba warning: Maybe you better double recipe so some is left for guest.

Ingredients:

- Egg yolks, four
 - White sugar, two tablespoon
 - Sour cream, two tablespoons
 - White flour, one and one half cups plus extra for rolling
 - Salt
 - Brandy or rum, one tablespoon
 - Icing sugar, one half cup
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Khrustyky is one of **200 traditional recipes and natural remedies in Baba's Kitchen: Ukrainian Soul Food**. These recipes and stories are from Stalinist and Holocaust survivors, include my family. You can buy copy here: <http://WWW.UKRAINIANSOULFOOD.CA>

Baba also have children's book for animal lovers. It teach Ukrainian culture, using ancient legend. **Rosie's Rescue** is here: <http://www.ukrainiansoulfood.ca/childrens-book.php>

Both books are available wholesale for your fair or cultural centre fundraiser. Both are also available as ebook .pdf, which allow you to **print individual recipes and read from your electronics screen**, just like now.

To make sure you continue to receive free recipes, please make sure to type Baba's address into your Email Contacts, so your security know to accept. My address: [ukrainiansoulfood \(at\) gmail.com](mailto:ukrainiansoulfood@gmail.com)

Replace (at) with @

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