

**Nalysnyky (Crepes)**  
**for Maslynytsa: Ukrainian Mardi Gras**  
from  
***Baba's Kitchen: Ukrainian Soul Food***  
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[www.ukrainiansoulfood.ca](http://www.ukrainiansoulfood.ca)

## Maslyanitsa

*Maslyanitsa* is Ukrainian *Mardi Gras*. We have big party with butter goddess. Butter is maslo. We make ton of delicious round pancake to symbolize sun coming back after winter. We do not eat ground hog like North American.

Ukrainian always been really big on sleigh ride. We put straw figure of goddess Maslyanitsa in sleigh and even take her on sliding toboggan. At this festival, we steer sleigh horse in semi-circle path like sun across sky. Rider on horse go around village with torch to symbolize same thing. In meantime, masquerade bystander throw snowball at sleigh rider. Rider throw stale pancake back. Is too cold to show tit like in New Orleans. We have to find different kind of amusement. Mind you, Baba was brave girl and she have strange kind frost bite to prove this.

At midnight, we strip clothes off straw figure and burn her to say, "Bye bye, winter, we not miss you." Long time ago, this goddess is *Kostroma*, whose name mean "bony." We get tired of bony old winter and burn it up. Word "bonfire" in English mean "bone fire." Is way to chase away evil spirit and invite good one. Ashes get cover in snow for first fertilization of field. We also burn leftover pancake. Which is best thing for it.

Make extra recipe so you have enough pancake to throw at maslyanitsa holiday. Baba do this one week ahead so they good and stale. Then they make decent flight trajectory from Mardi Gras sleigh. Baba even have flight simulator in her basement. She practice all year. If you don't mind to waste good sauce, this make nice mess in bystander hair. If you send media release ahead of parade, your politician will probably be in front row. Some politician always in front row, especial if they have to shove person on crutch to be there. You get Baba picture?

## Basic Nalysnyky Recipe

*Nalysnyky* is what French call "crepe" so they can pretend is theirs after they steal from Ukrainian. Since we invent oven, is no way.

**Beat up four egg. Make them foamy. Mix with milk and boil water, cooled.** Don't get lazy and use all milk. Then your crepe will be tough and you will have to give to dog. **Add sift flour and pinch salt. Mix up** till is smooth sailing.

**Put dab butter in small pan**, about six inch. Make hot, but not so butter

burn. You going to have to practice before baby is born, okay?

**Pour in juuuuust enough batter to cover bottom of pan.** You want very thin cake. Wave pan around so batter move, and you don't have to flip over the cake. Then they will be like melting in mouth. Take cake from pan as soon as edge turn brown and top part is bake.

**Butter pan again for each cake.** Don't be cheap thing.

**Next you going to put some kind tasty filling inside nalysnyky.** Is protein kind, vegetable kind and dessert kind. Once you decide which food group you represent in life, **roll up each cake with brown part on outside.**

Because otherwise is no point making brown. If you not experience at such thing as rolling tight cigar, Baba let you tuck in end before rolling up.

**Put roll in butter baking dish, and sprinkle butter bread crumb between layer.** If you like, use plain butter instead.

**Cover and heat in 325 degree oven for half hour. Take off top for last five minute** for final suntan.

How many this serve? It depend on how good they are and what kind filling you use. It make about twenty cake. Something tell Baba fewer Canadian going to eat kind with pig brain than with mushroom or fruit. But she going to be nice and tell you how to make both.

## Buttermilk Nalysnyky

For “I don't know what it is but I would kill you to find out” taste, leave out usual milk. Instead, use **buttermilk. Add teaspoon each baking powder and baking soda to dry thing.**

## Med (Honey) Filling

*Med* is sacred Ukrainian ingredient, because bee is 007 spy for God. Bee travel many thousand mile and bring back blessing in its sweet poop.

There is spiritual lesson in this. Whenever you thinking about someone, “Eat poop!” you imagine them eating honey. This is better for your soul. Is one of Baba serenity prayer. Next one is, *Don't think about yesterday, don't worry about tomorrow, and don't be big jerk today.*

Baba number three serenity prayer is, *Oy Syra Mata Zemlya, Oh Moist Mother Earth, please help me shut up.*

If you can find unpasteurize honey, so much better. Don't rat on beekeeper who give to you, or Baba and God be mad.

**Melt butter and mix with liquid honey.** If you beginner, use light taste honey. If you going to real Ukrainian party, use buckwheat.

If you think this alone is enough to make heaven, surprise. **Mix honey butter with big pinch lemon or orange zest, juice from half fresh lemon, juice from half small orange, and half cup crushed pecan or walnut.**

If you recognize this as kind of baklava, you almost right. When Greek and Turk took Ukrainian as slave for many century (9th to 17th) they learn this recipe

from us. But of course, ours is better, because Ukrainian is world master beekeeper. And slave always know more about master than master know about slave.

**Top with smetana.  
Smachnoho! Eat good food, you.**

**Ingredient list:**

- Butter, one quarter cup
- Honey, one half cup
- Orange or lemon zest, one half teaspoon
- Fresh lemon juice, one teaspoon
- Fresh orange juice, one teaspoon
- Crushed walnuts or pecans, one half cup
- Sour cream for topping

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This recipe is from **Baba's Kitchen: Ukrainian Soul Food: 190 traditional Ukrainian recipes and many outrageous stories from Stalinist survivors. 384 pages. Purchase here:**  
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