

## **Baba's Zaporizhian Kozak Kapusniak Sauerkraut Zupa: Soup**

**by Raisa Marika Stohyn, author of  
*Baba's Kitchen: Ukrainian Soul Food***

Baba give you ingredients for classic Ukrainian rib-sticking soup first, so you become inspired. Know that this soup is considered to bring kozak-like strength to you, and has been known in historic kozak stronghold of Zaporizhia for centuries. This host was ones who write classic letter to arrogant Turkish sultan. Probably after lots this soup, and lots horilka.

### **Ingredients:**

- Pork, 1 lb. or pork spare ribs. If you can get local, humanely raised pork, it will change your life. Taste so much better than in shtupormarket, OR kobasa!
- Yellow, red or peanut potatoes, 1 lb. Do not use russet as they become mealy in soup.
- Home made or jarred kapusta, sauerkraut, 3 cups
- Salo, pork fat, 3 oz.
- Carrot, parsnip root, large celery stalk, cooking onion, 1 each. Organic is best tasting and better for earth.
- Garlic, only one clove, minced!
- Butter, 2 tbsp.
- Millet, 2 tbsp. as flourless thickener
- Bay leaves, 2
- Allspice, 2 round things
- Salt, 1 tsp.
- Coarse black pepper, 1/2 tsp.
- Mortar & pestle, small one, not like Baba Yaga's

### **Your Option:**

- Parsley, 2 tbsp. finely chopped. 1 for soup, 1 for garnish
- Fresh mushrooms, boletus or pidpany, 1 cup chopped
- Smetana, sour cream, 1/2 cup
- Caraway seed

- Quality rye bread and butter to dip in soup

## Recipe:

**Cut pork into bite size pieces and boil** in large Dutch oven or stew pot, with just enough water to cover. OR cook whole pork till tender. **Add salt** and pepper, minced garlic clove, bay leaf and Allspice. Keep watching, and skim off foam.

**Add boiled water** as it cooks down. Never straight from tap, it will taste like your landlord's toolbelt.

**Turn off heat.** Put pork aside to cool. Then chop.

**Reserve broth** and cool.

**Stew sauerkraut in large fry pan with butter**, until it becomes half cooked. It will be sort of soft, but not completely. Semi-transparent.

When **pork broth cools, strain it** through sieve or CLEAN pantyhose. Do not use old p-hose, or kapusniak will smell like feet. **Pour it back** into big pot, and reheat.

**Add kapusta to pot of pork broth** and stir. Leave to gently simmer for time it take to chop veggies.

**Baba Secret:** add large hand full fresh chopped cabbage to sauerkraut for fresher flavour.

**Chop carrot, onion, parsnip and celery.** Mix ingredients and fry them until they wilt and say, "Enough!" in same big fry pan as was kapusta.

**Mince salo**, Ukrainian cocaine. **Pestle it** with cut parsley and washed millet.

**Cube potatoes and chop mushrooms** (if you used them). Put them in broth. If you used dried mushrooms, simmer Kapusniak for 15 minutes. Not hard boil, just so bubbles gently break top, like when baby make small fart in bathtub.

**Add salo with millet, and slightly fried veggies.** If you are using kobasa instead of fresh pork, add it now. **Turn down heat and simmer** 20 minutes more.

**Add chopped pork and smetana.** Prochu, please, do not add back pork before this, or it will make weird shredding inside soup, or get tough.

You can add bit of parsley to Kapusniak before serving. Some people (not saying who), prefer smetana in attractive side dish on table. Some people also like caraway seed sprinkle on soup. Caraway is tasty addition to any dish with pork.

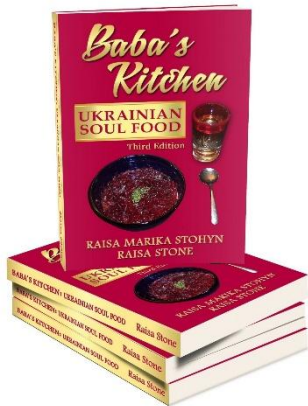
Serve in traditional pottery bowls, if you have.

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## Ukrainian Proverbs

- House is not empty if there is at least potato and cabbage.
- If there was no borshch (correct spelling!) I would not even attend wedding.
- Bread does not fall from sky.

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