



Grocery Shopping List for Ukrainians

Please consider the following items when assisting housing set up for a new Ukrainian family. As a reminder, each person has different dietary needs and preferences, so it is important to ask beforehand about any restrictions or preferences.

- potatoes
- onions
- garlic
- cabbage
- carrots
- tomatoes
- milk
- cottage cheese
- sour cream
- fish
- chicken breasts
- ground beef
- eggs
- flour
- sugar
- rice
- buckwheat
- rye or wheat bread
- cooking oil
- coffee
- tea
- salt/pepper





Deruny (Potato Pancake) Recipe

Ingredients:

Potatoes – 6 medium
Egg – 1 medium
Flour – 3 heaped tablespoons
Onion – 1 medium white onion
Salt – 1 tsp
Pepper – 1/2 tsp
Sunflower Oil – 4 tbsp
Garlic, 2-3 cloves, optional
Fresh Herbs (dill and parsley) – handful, optional

Instructions:

1. Grate the potatoes and add them to a bowl. In the bowl, add 1 tsp of salt, mixing it in. Leave the mixture for around 5-7 minutes.
 2. Squeeze the liquid out of the potatoes with your hands or using a cheesecloth, depending on preference.
 3. With your potato prepared, grate the onion and add it to the drained potatoes.
 4. Crack open the egg into a separate bowl, beat the egg, and finally add it to the potato-onion mixture.
 5. Next, add the black pepper and any additional ingredients you're using, such as minced garlic, dill, and parsley.
 6. Add the flour to the mixture, and mix everything together thoroughly. Once mixed, you should have a batter similar to pancake batter.
 7. On a pan, over medium-high heat, add 1 tbsp of oil. When the oil is shimmering, turn the heat down to medium, and add a scoop of batter at a time, forming little potato pancakes. Cook for about 3 minutes on one side until it's brown on the bottom.
 8. After about 3 minutes, once the deruny are brown on the bottom, flip them to cook on the other side. Turn the heat down to medium-low and cover the pan with a lid, if possible, so that the potato will cook better on the inside. You'll be cooking them for another 3-4 minutes until the potato is cooked inside.
 9. Once the potato pancakes are ready, remove them from the pan and place them on a plate or in a bowl to rest. Serve with plenty of sour cream.
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