



Chef John's Cheater Pierogi

 Gluten Free

READY IN



130 min.

SERVINGS



50

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 slices bacon chopped
- 2 tablespoons add carrot and onion to bacon fat . cook
- 2 teaspoons butter
- 1 pinch cayenne pepper
- 1 large eggs
- 1.5 cups farmer's cheese or any cheese blend
- 0.3 cup chives fresh chopped
- 50 servings salt and ground pepper black to taste

- 1 cup heavy whipping cream
- 1 tablespoon water
- 0.5 onion, diced yellow
- 5 medium yukon gold potatoes, peeled and halved

Equipment

- bowl
- frying pan
- pot

Directions

- Melt butter in a large skillet over medium heat.
- Add chopped bacon and onions; cook and stir until the bacon is crisp and the onions are browned, 6 to 8 minutes.
- Remove bacon and onions to a small dish, reserving about 2 tablespoons of the bacon fat for frying the pierogi.
- Place potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 20 minutes.
- Drain and mash until smooth. Allow to cool for 10 minutes. Season with salt, black pepper, and cayenne pepper. Stir in 1 egg and farmer's cheese. Cover and refrigerate until chilled, about 30 minutes.
- Beat 1 egg with 1 tablespoon water in a bowl for the egg wash.
- Place 2 to 3 wonton wrappers at a time on a lightly floured work surface.
- Brush the edges lightly with the egg wash.
- Place about 2 tablespoons of filling in the center of each wrapper. Fold each pierogi in half and lightly press the edges together to seal.
- Bring a pot of salted water to a boil and cook pierogi in the boiling water until they float, 2 to 3 minutes.
- Drain.
- Transfer pierogi to the skillet with reserved bacon drippings in batches and cook over medium heat until lightly browned, about 2 minutes per side.

Transfer to a bowl, toss with the bacon and onions, and serve garnished with sour cream and chives.

Nutrition Facts



PROTEIN 14.88% **FAT 56.77%** **CARBS 28.35%**

Properties

Glycemic Index:5.39, Glycemic Load:2.21, Inflammation Score:-1, Nutrition Score:1.3213043394296%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 47.62kcal (2.38%), Fat: 3.02g (4.64%), Saturated Fat: 1.41g (8.83%), Carbohydrates: 3.39g (1.13%), Net Carbohydrates: 2.97g (1.08%), Sugar: 0.34g (0.38%), Cholesterol: 10.9mg (3.63%), Sodium: 46.12mg (2.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.78g (3.56%), Vitamin C: 3.59mg (4.35%), Vitamin B6: 0.06mg (3.02%), Potassium: 85.8mg (2.45%), Manganese: 0.04mg (2.1%), Phosphorus: 18.35mg (1.83%), Fiber: 0.42g (1.69%), Vitamin B1: 0.02mg (1.37%), Vitamin B3: 0.26mg (1.29%), Selenium: 0.9µg (1.28%), Magnesium: 5.08mg (1.27%), Vitamin B2: 0.02mg (1.17%), Copper: 0.02mg (1.14%)