



Wild Mushroom Pierogies

 Vegetarian

READY IN



120 min.

SERVINGS



6

CALORIES



230 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 servings accompaniment: cream sour
- ☐ 6 oz cremini mushrooms quartered
- ☐ 0.7 oz porcini mushrooms dried
- ☐ 6 servings pierogi and vareniki dough
- ☐ 1 tablespoon flat-leaf parsley fresh finely chopped
- ☐ 2 garlic cloves crushed
- ☐ 1 medium onion quartered
- ☐ 1 lb onions chopped

- ☐ 0.3 cup butter unsalted
- ☐ 1 cup water boiling

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ sieve
- ☐ ziploc bags
- ☐ kitchen towels
- ☐ slotted spoon

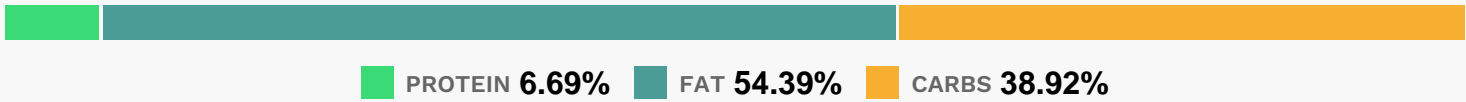
Directions

- ☐ Pour boiling water over porcini in a small bowl and soak until softened, 10 to 20 minutes. Lift porcini out of water, squeezing excess liquid back into bowl, and rinse well to remove any grit.
- ☐ Pour soaking liquid through a paper-towel-lined sieve into a bowl and reserve.
- ☐ Finely chop onion and garlic in a food processor, then add cremini and porcini and pulse until very finely chopped.
- ☐ Heat butter in a skillet over moderate heat until foam subsides, then cook mushroom mixture, stirring frequently, until mushrooms are dry and 1 shade darker, about 8 minutes.
- ☐ Add reserved soaking liquid and simmer, stirring frequently, until mixture is thick, dry, and beginning to brown, about 15 minutes (there will be about 1 cup filling). Stir in parsley and salt and pepper to taste. Cool completely.
- ☐ Halve dough and roll out 1 piece on a lightly floured surface into a 15-inch round, keeping remaining dough wrapped.
- ☐ Cut out rounds (about 2
- ☐ with floured cutter. Put 1 teaspoon filling in center of each round. Working with 1 round at a time, moisten edges with water and fold in half to form a half-moon, pinching edges together to seal.

- ☐
- Transfer pierogies as assembled to a flour-dusted kitchen towel. Repeat with remaining rounds, then make more pierogies with remaining dough and filling.
- ☐
- Cook onions in butter in a large heavy skillet over moderately low heat, stirring frequently, until golden brown, about 30 minutes. Season with salt and pepper and keep warm.
- ☐
- Cook pierogies in a large pot of lightly salted boiling water until tender, 12 to 15 minutes.
- ☐
- Transfer with a slotted spoon to skillet with onions. Toss gently to coat and serve immediately.
- ☐
- Filling can be made 2 days ahead and chilled, covered.

• Filled pierogies can be frozen 1 month. Freeze on a tray until firm, about 2 hours, then freeze in sealable plastic bags. Thaw before cooking.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:5.7, Inflammation Score:-7, Nutrition Score:9.747391426045%

Flavonoids

Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 4.71mg, Isorhamnetin: 4.71mg, Isorhamnetin: 4.71mg, Isorhamnetin: 4.71mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 19.09mg, Quercetin: 19.09mg, Quercetin: 19.09mg, Quercetin: 19.09mg

Nutrients (% of daily need)

Calories: 230.49kcal (11.52%), Fat: 14.39g (22.14%), Saturated Fat: 8.64g (54%), Carbohydrates: 23.17g (7.72%), Net Carbohydrates: 20.63g (7.5%), Sugar: 5.03g (5.59%), Cholesterol: 37.29mg (12.43%), Sodium: 105.24mg (4.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.98g (7.97%), Selenium: 14.41µg (20.58%), Copper: 0.37mg (18.69%), Vitamin B2: 0.3mg (17.78%), Manganese: 0.31mg (15.36%), Vitamin B5: 1.34mg (13.45%), Vitamin B1: 0.19mg (12.56%), Vitamin K: 12.94µg (12.33%), Folate: 48.72µg (12.18%), Vitamin B3: 2.43mg (12.17%), Vitamin A: 514.99IU (10.3%), Fiber: 2.53g (10.13%), Vitamin C: 8.35mg (10.12%), Potassium: 350.75mg (10.02%), Vitamin B6: 0.2mg (9.93%), Phosphorus: 97.66mg (9.77%), Iron: 1.05mg (5.83%), Zinc: 0.87mg (5.82%), Magnesium: 21.17mg (5.29%), Calcium: 45.23mg (4.52%), Vitamin D: 0.53µg (3.55%), Vitamin E: 0.4mg (2.67%), Vitamin B12: 0.07µg (1.14%)