

## Mushroom Pierogies

**Serves:** 4 (makes 15-20)

**Prep time:** 45 minutes

**Cook time:** 60 minutes



½ serve per portion

### Ingredients

#### *Pierogi dough:*

50g plant based spread or margarine

½ cup water

2 cups plain flour

1 teaspoon salt

1 large egg

#### *Pierogi filling:*

500g potatoes, peeled and quartered

1 tablespoon plant based spread or margarine

2 brown onions, sliced

250g mushrooms, finely diced

½ cup reduced fat cheddar cheese, grated

#### *To serve:*

Reduced fat sour cream

### Method

#### *To make the pierogi dough:*

HEAT water and spread in a saucepan over medium heat until spread has just melted. Remove from heat.

WHISK flour and salt together in a mixing bowl. Make a well in the centre and add the melted spread and water mixture, and the egg. Gently mix to combine.

TRANSFER the mixture onto a lightly floured surface. Knead until dough becomes smooth.

WRAP in cling film and leave on the counter to rest for 30 minutes.

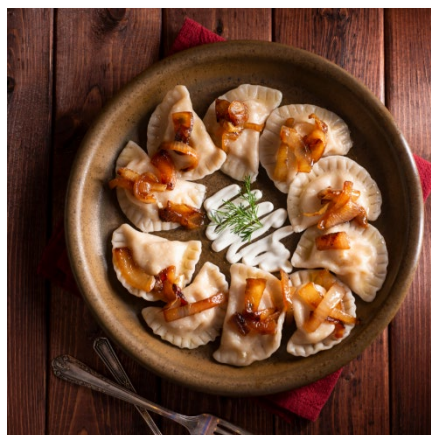
#### *To make the pierogi filling:*

HEAT spread in a saucepan over medium-low heat and add onions. Sauté for 20-30 minutes, stirring only occasionally, until deep brown and caramelised.

MEANWHILE, place potatoes in a saucepan filled with cold water and bring to the boil. Cook until soft and easily pierced with a fork. Drain and mash in a large bowl until smooth.

ADD mushrooms to the onions and sauté until tender, about 5 minutes.

FOLD the onion and mushroom mixture and cheese through the mashed potato.



Discretionary Food

*To wrap the pierogies:*

ROLL out dough on a lightly floured surface until 3mm thick. Cut into rounds using a 7.5cm cutter.

SCOOP one tablespoon of filling into the middle of a round. Dip your finger in water and run along the edge of the half circle. Fold dough over and gently press until mixture is sealed.

Repeat until all dough and filling is used.

BRING a large pot of water to boil, then lower to a simmer. Add pierogies and cook for about 6-7 minutes. They should float to the top. Remove with a slotted spoon and continue to cook in batches, if required.

SERVE warm with sour cream.

*Recipe courtesy of the Country Kitchens 2025 Country of Study Collection - Canada*