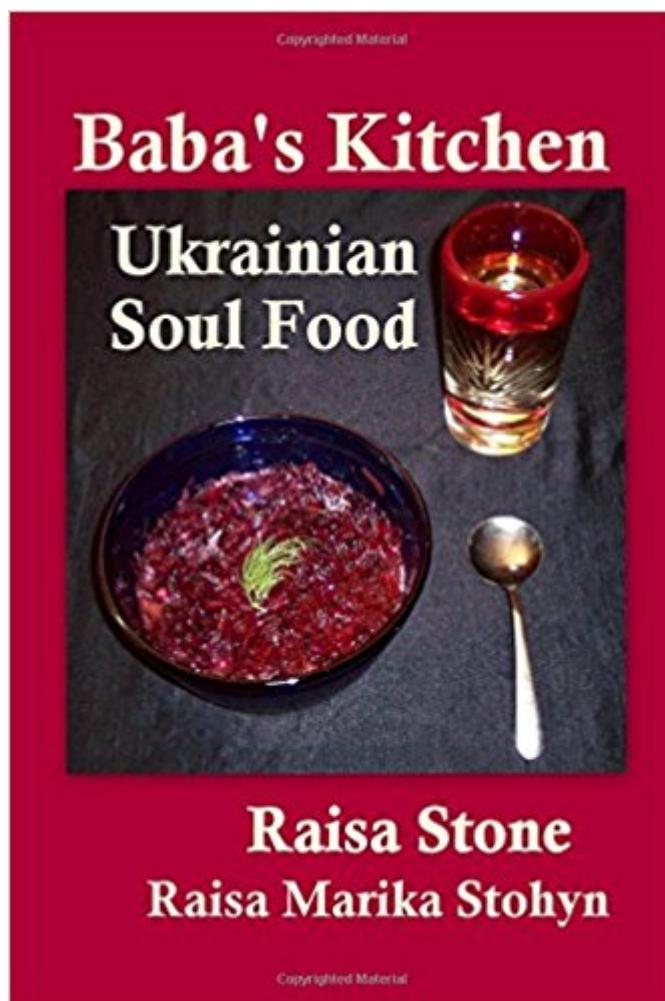


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# **Baba's Kitchen: Ukrainian Soul Food With Stories From The Village**



## Synopsis

-Ukrainian Canadian Congress Grand Prize Anniversary choice -Top Three Ukrainian Cookbook & Cultural Book Click on "Look Inside" at top of book cover photo for contents. "Your book has us all laughing hysterically & uncontrollably! Daikoyu=thank you!"~Capital Ukrainian Festival, Ottawa "Baba's Kitchen is a good companion to Savella Stechishin's book [Traditional Ukrainian Cookery]. We will be presenting copies as Awards at our year end dinner.." ~ Los Angeles Ukrainian Cultural Centre In a rollicking, entertaining read, Baba's Kitchen will lead you into the complex soul of Eastern Europe's Indigenous people. Ukrainian-Canadian Raisa Stone spent decades collecting outrageous stories and life advice, plus 200 recipes and home remedies from survivors of Soviet and Nazi terror--including her family. Raisa's narrator, Baba, is a composite of these invincible souls. Ukraine has been continuously inhabited by civilized, immensely inventive people for 44,000 years. For excerpts, video/audio clips and more, visit: [www.ukrainiansoulfood.ca](http://www.ukrainiansoulfood.ca) Ukrainians: first tamed horses, invented pants (for riding!), the bow and arrow, built homes from mammoth bone & pyramids older than Egypt's, & created Europe's first democratic constitution. Shamanic practices that sparked the original werewolf and legends (the latter documented by Greek physician Hippocrates) combine with recipes & customs reaching back to the Neolithic era. \_\_\_\_\_ Compared to erotic games in the village bath & shoplifting live turkeys in your bloomers, immigrant life is beyond boring. So Baba (Grandma) is brewing up Old Country customs in her kitchen. She'll teach you to make delicious Ukrainian dishes (plus simple folk remedies) the traditional & The Lazy Way, sabotage frenemies with garlic, & utter chilling Slavic curses such as, "May you be kicked by a duck!" Between tales of magical encounters with Nature spirits & steaming bowls of borshch is the true confession of the author's elderly neighbour: she murdered her abusive husband. Imagine a mouth watering Honey Onion Sauce that recalls competing with cave bears and wild bees, and the seductive magic of preparing sweet delights for the Apple Harvest Blessing. 200 traditional Ukrainian recipes and home remedies, taught step by step as if grandma were at your side. In black & white text: Borshch, including Vegetarian Holubtsi (Cabbage Rolls) Varenyky (Perogies) Honey Cake Makivnyk Traditional Holiday recipes for Easter & Christmas Kolach: Circle of Life Bread \*Warning: 18+ Restricted\* Wicked acts with honey and raspberries, pirates, cowboys, Kozaks, bald men, bad boys and mounted police officers. You'll laugh, you'll cry!

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"I enjoy reading the stories as well as learning authentic Ukrainian dishes to cook for my family. I will be sharing these recipes with my daughters and teaching them how to cook too! A lovely book with something for everyone. You feel like Baba is turning the pages with you!"~Mattie Romanishyn, Belfield, South Dakota "Hilarious book - made

me laugh so much. Great Ukrainian recipes which reminded me of my Mum's cooking. Love the book."~Luba Ryder "I found many recipes that I had been searching for since my time in the Carpathians in 2010. The one I looked for the most was a mushroom soup that to my pleasant surprise was here. I have cooked for friends and family since I received the book and 4 people have loved it so much they have ordered copies of their own. The humor is Ukrainian and part of what made me fall in love with Ukraine."~Roberto Marquez, New Mexico

## **Book Information**

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## **Customer Reviews**

Visit these websites for Baba's free newsletter, Department Store and videos:

[www.ukrainiansoulfood.ca](http://www.ukrainiansoulfood.ca) [www.reisastone.com](http://www.reisastone.com) Author Raisa Stone ate pureed borshch as baby food & cut dough circles for varenyky (perogies) as soon as she could reach the table top. She spent 50 years collecting outrageous stories from survivors of Soviet & Nazi oppression, including her family. She is a former Features writer for The Winnipeg Gazette and instructor for the Victoria School of Writing. Her poetry was chosen by national Ukrainian magazine Nasha Doroha to commemorate the Chornobyl disaster. She attended classes at Winnipeg's Ukrainian National Home throughout childhood. Raisa's passion for promoting Ukrainian culture comes not only from its proud richness. Her father was the only member of his family to escape Stalinist Ukraine. He then landed in a Nazi labor camp, from where he was liberated to Canada. Raisa is a professional singer, storyteller & Animal Intuitive. Chicken Soup for the Soul regularly publishes her stories. She is also the author of Rosie's Rescue, a book based upon the Ukrainian creation myth.

I am Ukrainian and this book is like Mama used to make. Love it!! Thank you Baba.

Wonderful could hear my mother talking love the dialect with the recipes. Will order 2 more for my dtrs!

Lots of great facts, recipes in the book.

I like the book interesting

Very entertaining ! Very good recipes!

When I ordered this book, I was honestly looking for a cookbook. We recently spent over two months in Ukraine adopting two children. Now that we are home, my 14 year old daughter and I like to cook together. I had no idea how incredibly funny this book would be. After reading the first chapter on how to make borsch, I could not put the book down! I was crying, I was laughing so hard during some of her cooking advice, and I am pretty sure I snorted a few times too. Baba's voice is so true to life. It sounds very similar to how my children speak while they are learning English. In the midst of giving cooking advice in a hilarious and sometimes irreverent manner, the author also gives history lessons about the country that won over my heart recently and gave me two beautiful additions to my family. It's a country that takes great pride in their natural, flavorful food. If you can't get to Ukraine to try the cuisine for yourself, this is the next best thing! Last Saturday I stained my new copy of this book with beet juice making Baba's recipe for Borscht. The soup took all day to make, and while it was cooking to perfection, I had time to read the story of a woman who murdered her no-good husband with sugar and Baba's opinion of women who wear thongs. Priceless! When the Borscht was finally ready to eat, my Ukrainian children claim it was the best they had ever eaten. Thanks, Baba! I couldn't have pulled that off without you!

wonderful stories and good tasting recipes....loved the lazy wife's pirogies and the lazy wife's stuffed cabbage....good gift to your Ukrainian friends. Visit Baba's web site and her YouTube videos.

This is a cookbook and good "story" all rolled into one. It reads the way my grandmother and her sister's talked, so of course I enjoyed it. If you want an A-B-C, step by step Ukrainian cookbook

without the conversational "flavor" this one has, Baba's Kitchen may not be for you. That said, if you don't mind your Baba standing over your shoulder telling you how to make these recipes correctly, while filling your head with entertaining and sometimes unrelated conversational anecdotes (all of them worth hearing, btw) along the way, this cookbook is worth having. Unlike every other Ukrainian cookbook I looked through, it has all of the recipes I was looking for, plus a little history and grandmotherly Ukrainian wisdom peppered in along the way. I like that!

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