



Official Tétrault Perogy Recipe

Cottage Cheese Filling

- 2 cups dry curd cottage cheese
- 1 egg, lightly beaten
- salt (to taste)
- pepper (to taste)

Combine the first two ingredients in a bowl and season with salt and pepper. Set aside.



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Dough

- 3 cups flour
- 1 tsp salt
- 3 tbsp butter
- 1 cup water

Mix dry ingredients in a bowl. Fill a glass measuring cup with 1 cup of warm water. Add 3 tbsp butter and stir until melted. Add the liquid ingredients to the dry and mix together to form a dough. Roll into a ball and cover. Take a portion of the dough and roll out to approximately 1/8" or slightly thinner. Using a cup, or something round, cut out circles. Spoon a small amount of the filling into the center of the circle. Fold over and pinch closed.

To cook the perogies, either boil them in water (done when they float) or fry them in a pan with butter or oil (done when lightly browned).

If making an abundance of perogies to fill your freezer, blanch them in a pot of boiling water for about a minute, and let drip dry on a rack. To freeze, lay the perogies out on a pan (you can separate layers with plastic wrap) and place the pan in the freezer. Once the perogies are individually frozen, you can bag them in meal sized portions.



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Schmaunfat [Cream Gravy]

- 1 tbsp oil
- 1 pk farmer sausage (can be substituted for ham)
- 2 cups heavy cream or whipping cream
- 2 tbsp corn starch
- water

Cut farmer sausage into individual portion sizes. Heat oil and place farmer sausage in the pan and cook until browned and cooked through. Remove from pan and set aside in a covered dish.

Add the cream to the pan and set heat to medium high. Mix the cornstarch with a small amount of cold water and set aside. Heat the cream, stirring constantly until it begins to boil. Add the cornstarch mixture to the pan and continue to stir until the gravy thickens. Pour into a bowl or gravy boat and serve.