

Potato Pogatcha Recipe

~ Joli Kiss

Here is a traditional Hungarian recipe to use with your rolling pins. It comes from the new WECAN publication For the Children of the World: Stories and Recipes from the International Association for Steiner/Waldorf Early Childhood Education, and was submitted by Joli Kiss, the IASWECE Council representative for Hungary. Proceeds from the sale of this book benefit IASWECE's work on behalf of children around the world.

Ingredients:

- 4 cups (2 lb/1000 g) all-purpose (wheat) flour
- 2 cups (1 lb/500 g) wholegrain rye flour
- 2/3 oz (20 g) yeast
- 1 Tbsp honey
- 4–6 cups (32–48 fl oz/1–1.5 l) lukewarm milk or water
- 2–3 tsp sea salt
- 2–3 potatoes, peeled, diced, cooked, mashed and cooled
- 1/2 lb (200 g) unsalted butter, warmed, melted and cooled
- 2/3 cup (5 oz/155 g) shredded cheese, cheddar type

To Make:

Pour 1 cup (2.5 dl) of the milk or water and honey into a bowl, and stir to dissolve the honey.

Sprinkle the yeast over the top of the liquid, and add 2 Tbsp wheat flour.

Stir until smooth, cover with dishcloth and let stand in a warm place until the yeast bubbles and forms a creamy layer, about 15–20 minutes.

Grease the baking sheets, melt butter, shred cheese.

Place the rye flour in a large bowl. Sift the white flour on top and mix the flours with your hands. Create a well in the center, and pour in the yeast mixture.

Add the mashed potato, salt and almost 4 cups (1 liter) of milk or water. Mix together and knead with your hands.

When the mixture begins form a dough, add the melted but not too warm butter. Add milk or water if necessary and knead for 5–6 minutes to form a smooth and springy dough.

Form the dough into a ball, and throw it onto a well-floured surface three times. Knead for 2–3 minutes, then separate into little balls.

Sift flour on the tables or desks in front of the children. Each of them gets a dough ball. They knead the dough well, then with little rolling pins they can roll out each

ball until it is about 1 inch (2.5 cm) thick.

Using a knife the children can score the dough horizontally, then vertically to make a grid of 1/4–1/5 inch squares. Flour the edge of 2- to 4-inch round cutters or glasses and have the children cut out rounds from the dough. Spread the shredded cheese on top of the rounds.

Place the pogatchas on the greased baking sheets, leaving about 1 inch (2.5 cm) between them. Bake the pogatchas in a 400°F (200°C) preheated oven for 20–25 minutes or until they turn light golden brown. ♦



Photo courtesy of Joli Kiss