MLYN

MLYN, A FAMILY KITCHEN NEAR LISBON

How to cook it

Thank you for your order. The pelmeni, varenyky, golubtsi, stuffed peppers, crepes and chebureky travel to you frozen, which is how handmade dough keeps its seams until it meets the water. Below is what to do with each thing, with times that hold on a real home stove. The borshch and the kapusniak arrive fresh and only need heating. The salads, the sweets and the cakes are ready as they are.

THE ONE RULE

The clock starts when they float. Every time in this guide runs from the moment they rise to the surface, not from when they went into the pot.

AT A GLANCE

DISH	HOW	TIME
Pelmeni	Boiling salted water	**7 min after they float (fish 5)**
Varenyky, savoury	Boiling salted water	**4 min after they float**
Varenyky, sweet	Water barely trembling	**4 min after they float**
Golubtsi	Pot, under the dressing, low heat	**35–40 min**
Blinchyky	Pan with a lid, medium-low	**4–5 min per side**
Chebureky	1.5–2 cm of oil, 170–180 °C, basting the top	**Turn when it puffs, then 3–4 min**
Borshch	Pot, low heat, lid on	**5–7 min · 5 days in the fridge unheated**

BEFORE YOU START

1. Straight into the freezer at −18 °C, where it keeps for three months.
2. Cook it straight from the freezer, into boiling water or a hot pan. Frozen dough holds its seams; once it softens it sticks to itself and tears open.
3. Anything that has thawed, cook it the same day.
4. Salt the water a little before they go in. How much is up to you.
5. Give them room: 3–4 litres of water per kilo. A crowded pot drops off the boil and stews them.
6. Stir once, straight away. One gentle turn as they go in keeps them off the bottom.

Keep this page near the stove. Everything after it is one dish at a time.

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DISH BY DISH



Pelmeni

From frozen · 10 min

Pork, beef, mix, chicken, salmon, tuna

1. Bring a wide pot of water to a rolling boil, 3–4 litres per kilo. Salt it a little, to your taste. Want a broth? Drop in a stock cube.
2. Tip in the frozen pelmeni and stir once, gently, with a wooden spoon.
3. They sink, then rise. From the moment they float: 7 minutes for the meat fillings; 5 for salmon and tuna.
4. Lift them out with a slotted spoon, a few at a time. Finish while hot: salt, black pepper, a knob of butter, whatever you like.

READY WHEN. They ride high and the dough is glossy. Lift one out and cut it open: the filling is cooked through. Taste it. Softer? Leave the rest a minute more. Firmer? Lift them out now.

SERVE WITH. Best with sour cream. Good plain too, or in their broth if you added a stock cube. A splash of vinegar if that is how your family ate them.

FROM OUR KITCHEN. 1 kg is about 4 hearty portions. Boil what you will eat now; the rest goes back to the freezer straight away.



Varenyky, savoury

From frozen · 7 min

Potato · cabbage · cottage cheese

1. Lightly salted water at a rolling boil, with plenty of room.
2. Drop them in frozen and stir once.
3. From the moment they float: 4 minutes. The filling is already cooked, so you are only cooking the dough.
4. Slotted spoon into a bowl with butter, then shake the bowl so every one is coated.

READY WHEN. The dough is soft and even in colour, with the seam the same shade as the rest.

SERVE WITH. Potato ones with onions fried golden in butter and plenty of sour cream. Cabbage the same. Cottage cheese with sour cream, and sugar if you like it that way.

FROM OUR KITCHEN. Leftovers are better than the original: fry the boiled varenyky in butter the next morning until the edges crisp.



Varenyky, sweet

From frozen · 7 min

Cherry · blueberry

1. Lightly salted water again, brought down to where the surface barely trembles. Berry filling swells, and a hard boil splits the seam.
2. In frozen, one layer at a time, and stir once.
3. From the moment they float: 4 minutes.
4. Out with a slotted spoon, straight onto a plate with butter and a spoon of sugar.

READY WHEN. The dough goes pale and translucent, and the filling colours it faintly from inside.
SERVE WITH. Cold sour cream and sugar. Honey works. So does the syrup left in the bowl: spoon it back over.
FROM OUR KITCHEN. Cherry ones stain everything they touch. Use a light-coloured bowl and you will see the moment they are ready.



Golubtsi

From frozen · 40 min

Cabbage rolls with rice: pork, beef, chicken, tuna or potato

1. Pack them frozen tightly into a pot. Several layers are fine.
2. Pour over a dressing: a finely chopped onion and carrot, 2 tablespoons of sour cream, 1 of tomato paste, a cup of water, salt and a bay leaf.
3. Lid on, lowest heat, 35–40 minutes. Keep it at a lazy bubble around the edges.
4. Take them off the heat and leave them 10 minutes. They firm up and take on the sauce.

READY WHEN. A knife goes through the cabbage with no resistance, and the sauce has thickened around them.
SERVE WITH. The sauce from the pot, more sour cream, and black bread.
FROM OUR KITCHEN. They reheat better than almost anything we make. Day two in the same sauce is the way to eat them.



Blinchyky

From frozen · 10 min

Filled crepes: meat, chicken, cabbage, mushroom, and sweet with curd

1. Butter in a pan over medium-low heat. Gentle heat is what gets the middle hot before the outside colours.
2. Lay them in frozen, seam down, with a gap between each one.
3. Lid on, 4–5 minutes a side, until they are deep golden and firm to a fingertip.

READY WHEN. Deep golden on both sides and firm to a fingertip. Cut one in half: the filling is hot right through the middle.
SERVE WITH. Sour cream. Savoury ones take a spoon of it straight on top while they are still hot.
FROM OUR KITCHEN. An oven works for a crowd: 180 °C, 20 minutes, turned once. Same result, both hands free.

From frozen · 8 min, fried

Chebureky

From frozen · 8 min, fried

Fried pastry with meat

1. Pour 1.5–2 cm of oil into a wide pan and heat it to 170–180 °C. A scrap of dough should sizzle at once, with the oil still clear.
2. In frozen, two at a time: together they fill the pan.
3. Spoon the hot oil from the pan over the top as they fry. Keep basting until the pastry puffs up and blisters. The puff is what tells you to turn them.
4. 3–4 minutes on the second side, then onto paper to drain.

READY WHEN. Blistered, deep gold, and light in the hand. The bubbles across the surface are the sign the dough cooked through.

SERVE WITH. Hot, in the hand, within five minutes. That is the whole point of them.

FROM OUR KITCHEN. Hold one upright over the plate for the first bite. There is juice inside, and it is meant to stay there.



Borshch

Arrives fresh · 5–7 min

Beetroot soup with meatballs

1. We cook it the day before delivery, so it reaches you fresh. Into the fridge as soon as it arrives: unheated, it keeps about 5 days there.
2. Pour what you will eat into a pot, lid on, medium-low heat.
3. Stir now and then, 5–7 minutes, until it is hot right through: taste a spoonful from the bottom.
4. Bring it just to a simmer and take it off. A gentle heat keeps the colour deep and the taste clean.

READY WHEN. Hot to the last spoonful, deep red, with the fat shining on the surface.

SERVE WITH. A big spoon of sour cream, fresh dill, garlic crushed in if you eat it the Ukrainian way. Dark bread, and something salty alongside.

FROM OUR KITCHEN. Heat only what you will eat and keep the rest in the fridge. Heated borshch is finished, never put back. Look at it first: deep red and fresh-smelling.

Something going differently to plan? Send us a photo on WhatsApp with one line about it, and we will tell you what to do while it is still on the stove.

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Cooked by hand, by our family, for yours.

Order again at mlyn.pt. Free delivery from 60€.