Game Bird and Wild Mushroom Pierogies

By Tom Healy | Preparation time: 30 minutes | Cooking time: 20 minutes | Serves 4-5

INGREDIENTS
1 c. flour (all purpose or pastry)
¼ t. salt
1 egg, yolk and white divided
¼ c. sour cream or crème fraîche
2 T. butter (softened) or vegetable oil
2 T. water

Add all ingredients except egg white to a medium bowl, mix until combined, then knead into a uniform ball. Wrap tightly in plastic wrap and refrigerate for at least 20 minutes (or up to three days). Let dough return to room temperature before rolling out.

FILLING
8 oz. upland game bird meat or chicken meat, cut into ¼-inch cubes
2 T. butter
½ c. mushrooms, cut into ¼-inch cubes
¼ c. minced shallot or onion
1 clove garlic, crushed or minced
2 T. white wine

DIRECTIONS
Over medium heat, melt 1 T. butter in a sauté pan and cook the mushrooms, shallot, and garlic for 6 minutes. Add a pinch each of salt and pepper. Add meat and cook 2 minutes. Add wine and stir up the brown bits (fond) from the pan bottom. Reduce the liquid by half. Remove from heat and set aside.

In a large pot, set water to boil. Roll out the dough to ⅛-inch thickness. Using a cup or glass, make 16 to 20 circles, each 3 inches in diameter. Beat egg white with a fork. Brush edges of three discs at a time with egg white, then add scant 1 T. of filling. Fold discs in half and seal with fork tines or fingers. Set aside.

Add the pierogies, 6-7 at a time, to boiling water. Poach 5-6 minutes, then place in a colander for 30 seconds to drain. Pat dry.

Over medium heat, heat 1 T. butter in a non-stick or well-seasoned cast iron pan. Fry 6-7 pierogies at a time, flipping them after 2 minutes until both sides are golden brown. Set on paper towels and pat dry. Spinkle with salt and serve with shredded parmesan cheese and crème fraîche or sour cream.

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