

Grain-Free Sourdough Pierogi Cooking Instructions!



DO NOT defrost your pierogi's

Use directly from the freezer

Bring a large pot of water to a boil (one you would use for pasta)

At the same time have a fry pan ready with melted organic butter (1/4 cup) and "optional" onions on low-medium heat



Have a slotted spoon ready

Drop a maximum of 4 pierogi's in the boiling water

They will sink to the bottom of the pot but do not touch them



When the pierogi's float to the top of the water, remove them with a slotted spoon

Do not let them float for too long or they will start to break apart



Carefully put them in the fry pan with butter/onions

This is where you need to be patient!

Let the pierogi's saute in the fry pan on low-medium heat

Do not touch them or turn them over frequently

Just let them sit there and heat/crisp up on one side

This will take approximately 6-8 minutes (if your heat is not too high)

If your heat is too high, they will crisp on the outside but the center will not be heated through because the filling was frozen

Lower your heat if this is happening

If you keep turning them over they will break

If you press on them, they will break

They just like to bathe in the butter without being touched



Turn them over once to brown/heat/crisp the other side for an additional 6-8 minutes

**Once they are crisp on both sides and heated through remove from the fry pan
Plate them with some organic sour cream and ENJOY!**