

Ukrainian varenyky with poppy seed filling

[Varenyky](#), Ukrainian Dumplings with filling are famous all over the world and known since ancient times. In **traditional Ukrainian cuisine** Varenyky was one of the most popular ethnic dish in Kyiv Rus.

The **traditional Ukrainian dish** Dumplings with poppy seed filling (**Varenyky z makom**, ukr.) is very special. It symbolises harmony as poppy seed (mak) symbolises men's power and dumpling (varenyk) itself is a symbol of women's power, childbirth.

Ukrainians used poppy seed (mak, ukr.) for cooking for centuries and associated it with stars in the space.

The word "Pyrogy" is the ancient Slavonic word "pирогъ" that is - formed from the word "pиръ" ("feast") with the suffix -огъ or from the word "pyro" ("wheat"), the ancient slavic word "pyro" under the influence of the word "pиръ" ("feast"). The word "Varenyky" is from the word "varyty" ("to boil").

Pyrogy (Pyrohy) or Varenyky is one of the 12 sacred dishes on traditional Christmas dinner that were formed in 8-9 centuries before the adoption of Christianity and were then inherited in Medieval Ukrainian cuisine.

Ukrainian traditional ethnic dish Varenyky can be with different fillings, vegetables, meat, cheese, berries, poppy seeds. There was no potato in Ukraine until it was brought from South America in XVI century, so varenyky with potato filling are not the ancient variant of dish. One of the most popular fillings of Ukrainian dumplings in was fresh cottage cheese and dill. See also traditional **Ukrainian recipes** from the the cooking blog of ethnic Slavic cuisine Etnocook: [Varenyky \(Pyrohy\)](#), [Varenyky with cheese and vegetables filling \(steamed\)](#), [Varenyky with sauerkraut filling](#).

Varenyky is so important **Ukrainian dish** that there are monuments to them in Ukraine and all over the world in other places where Ukrainians lives.

In Ukraine was a tradition that the first dish in ancient times that mother ate after childbirth was Varenyky and people who cooked them wished her to have a lot of children and said "Be always full like varenyk".

Sweet dumplings with poppy seed feeling

