

*'Oshchypek/palanycia', which often replaced bread for the Boykos*

*Olga Hanuszczak's recipe*

*Flour - 20 dag*

*Curdled milk - 100 ml*

*Egg - 1 pc*

*Baking soda - 0.1 g*

*Add the milk, salt, egg and baking soda to the sifted flour and knead into a homogeneous dough. Roll out into a circle. Place on a hot baking tray, in a well-heated oven, bake on both sides.*

*"In the old days, 'oshchypek' was baked on cabbage leaves in wood-fired ovens. 'Oshchypek' is served with first and second courses. It can replace bread entirely. 'Oshchypek' is never sliced, but torn off with the fingers".*