



Traditional Russian cuisine



Russian cuisine is one of the most popular and widely spread in the world.

Traditional foods of Russian cuisine have some common ingredients, such as potatoes, wheat and rye bread, dairy products like butter, cottage cheese, cheese and sour cream; meat (most commonly pork and beef) and grain crops.



The most popular traditional Russian dishes are borsch, rassolnik (meat or fish soup with pickled cucumbers), okroshka (cold kvass soup with chopped vegetables and meat), pancakes, meat, fish and vegetable pies, variety of porridges, *pelmeny* and others.



Pancakes is a traditional Russian dish. Pancakes may be served with sweet or savory filling or with butter, sour cream, caviar, fresh fruit, or smoked fish.



Dumpling is a traditional Russian cuisine dish. Dumpling are especially tasty with sour cream or mayonnaise, and also with ground black pepper and grated cheese, parsley and butter.



Bread has always been the central in the Russian cuisine.





If a foreigner is asked what «Russian» is associated with, he would immediately report the following: vodka, bears, caviar, pies, balalajka, borsch and so on.

Not all these food and drinks are true Russian.

Vodka had been imported into Russia in the 14th-15th centuries from Italy and was banned for long time.



As for caviar, it has always been expensive and served for holidays, thus can not be fully a characteristic meal of Russian cuisine, despite its being referred to as a Russian symbol.



Another tradition that is considered to be originally Russian is after-dinner tea ceremony. However tea in Russia was introduced in 1638. It became so popular that today is considered the de facto national beverage and one of the most popular beverages in the country before that Russian traditional drinks were kvas, sbiten, medovukha and braga.

Russian food is very old, and it absorbed lots of national dishes on the way.



It's bifshteks (beef steaks), escalope, langet.

Many Russian meals with not originally Russian names appeared in Russian cuisine due to the French influence.





Russian cuisine was enriched by the cooking traditions of other nations - of Caucasus, Middle Asia, Eastern Europe. Shashlyk and plov are very popular and familiar to every Russian.



