

Traditional Russian food



RUSSIAN SWEETS



If you happen to be invited to a party at someone's house, the hostess will be offended if you don't try her cooking which will likely include: sizeable *kulebyaka* pies, small *pirozhki* pasties filled with cabbage, rice and meat.



In Russia you can find elegant and airy marshmallows which Russians call *zefir* as well as a huge variety of jelled fruits called *marmelad*.



You can also see a huge assortment of cakes which Russians call torts. Most popular are *“Bird’s milk”* and *“Praque”*.





You will also see the famous Tula gingerbreads called *pryaniki*, various kinds of crackers with raisins or poppy seeds called *sukbari*, hard bread rings called *baranki*.



RUSSIAN DRINKS



Kvas

is an ancient and still widely popular bread-based drink.

The basic method of preparing kvas includes water, flour and liquid malt; these ingredients are used to make a dough that is subjected to fermentation



Mors

This is a sweet juice-like traditional drink made from fermented bilberries/foxberries, a Russian regional berry that has a taste slightly resembling cranberries.



Sbiten* or *сбитень

Sbiten* or *сбитень is a traditional wintertime honey-based beverage popular in Russia that has been around since the 12th century. It was served from copper samovars by the ***sbitenshchik*** or sbiten makers, who brewed it on street corners and sold it to the eager and frost-bitten public.



RUSSIAN MEIN DISHES

Shchi (cabbage soup) It is a soup with dried fish and cereals, seasoned cabbage, sorrel and other greens.



Porridge

The main supplier of fiber,
vitamins and minerals.

Porridge cooks from
almost everything.



Rye bread

A special place in the Russian table always served bread from sour (yeast), rye dough. This feature of Russian cuisine was throughout the whole development of Russian cuisine. The Russians are also prepared jelly made from rye flour.



Turnip

Until the XVIII century has been a staple of the Russian people. Turnips often steamed in a pot, boiled, added to soup and pies.

