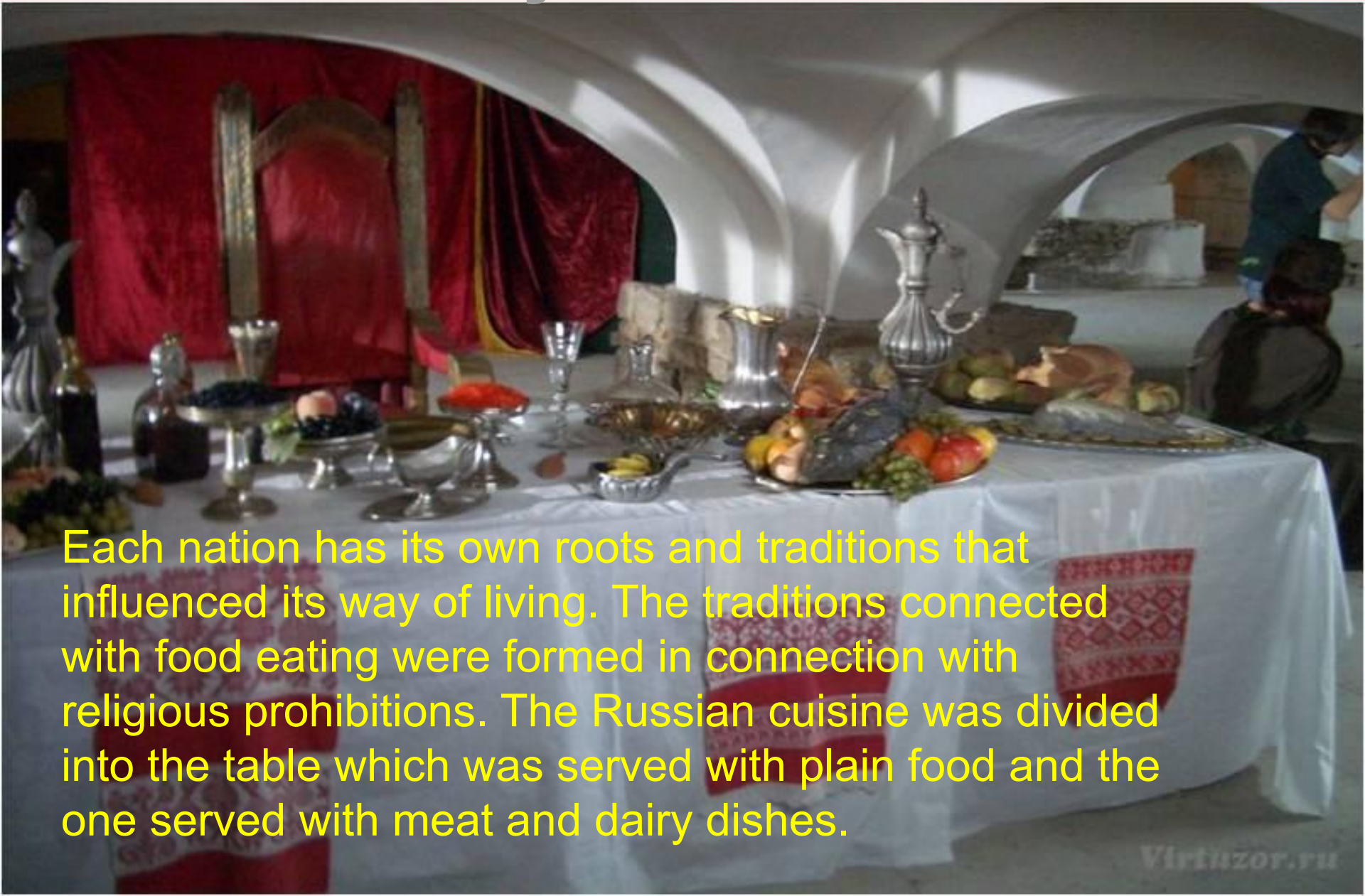


The History of Russian Meal

A photograph of a traditional Russian dining table. The table is covered with a white tablecloth and set with various dishes, including bread, fruit, and a large fish dish. The table is set with silverware, including a large silver teapot and a silver pitcher. The background features a red curtain and a white archway. The text is overlaid on the image in yellow.

Each nation has its own roots and traditions that influenced its way of living. The traditions connected with food eating were formed in connection with religious prohibitions. The Russian cuisine was divided into the table which was served with plain food and the one served with meat and dairy dishes.

As for the methods of cooking the cuisine was subdivided into dishes with flour, dairy products, meat and fish dishes, vegetable ones.



During the fasts , about 200 days a year, meat and dairy dishes were forbidden. The Lent lasted 7 weeks before the Easter. During the fasts the Russians ate different porridges such as buckwheat, millet, oats. They ate mushrooms such as chanterelle, berries, such as cranberries, cloud berries, blackberries, cow berries. Pies with different stuffing.



At the festive table one could treat himself with meat, fish, game dishes. Our ancestors could roast on a spit, were able to make stuffed dishes. They used modern sauces, a plenty of spices – cinnamon, mint, mustard, ginger, pepper, anise tree (бадьян), etc. A great number of the game was used while cooking. In the boyars houses from 50 to 100 different dishes were served during one meal.





The Tsar Ivan The Terrible in the 16th century had feast for 700 soldiers consisted of a great number of dishes. There were dishes of cold meat, salted cucumbers, prunes, sour milk, 200 servants were serving the guests. They brought roasted swans on the golden plates....then...

... then 300 fried peacocks.



Kulebyaki, Kurniki, pies with meat, cheese, pancakes, thick pancakes followed them. At first meat-in-jelly was brought, then cranes with herbs, roosters in brine with ginger, chicken fillet.



Fish soup was of three kinds: white, black, saffron.
The cooks were excellent.



They cooked kidneys on a spit, crucians with lamb, hares with pasta, skylarks with onions and saffron.

What were the rules in the houses of ordinary people?

In the houses of ordinary people, the mother of the family cooked the meal. Every meal had its own time. Each member of the family had his own place at the table. In front of each member of the family there was a piece of bread and a spoon.



The spoon has been in use for more than 1000 years. Before the meal people prayed. As for the food it was served in one plate for 2-3 persons. It wasn't allowed to start eating earlier the host of the family.



<http://grandbabay.ru>

He himself gave an order when it was allowed to take a piece of meat out of the soup. It was allowed to take only one piece for each person and to put it on a piece of bread – the bread was used instead of a plate in the 16th century. It was used instead plates quite a long time.

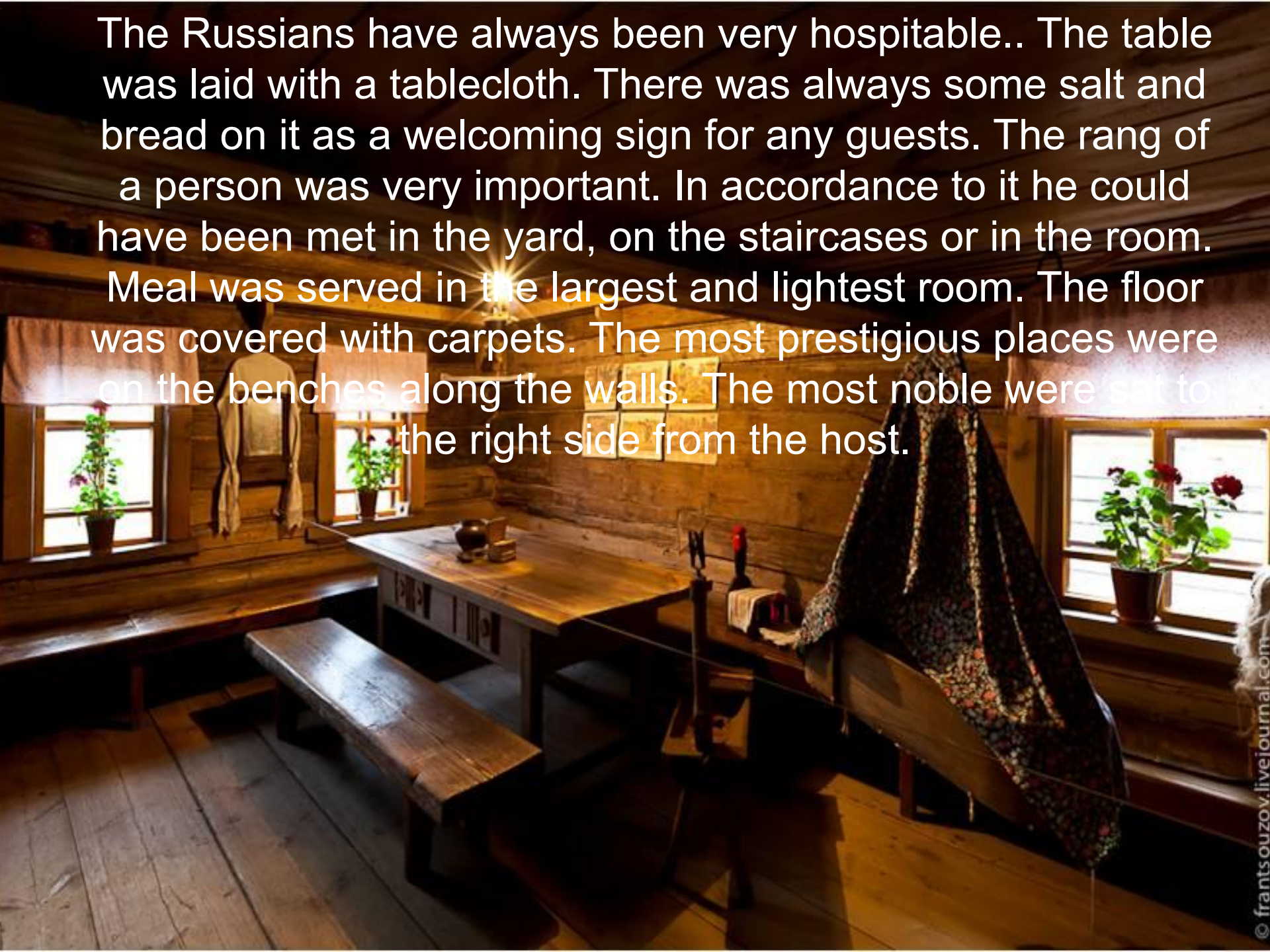
Rye bread was eaten in an ordinary house and in the palace. It was considered to be more useful than the white one.



That who broke the laws –
got a hit on the forehead.

There was a number of strict rules of behavior by the 16 th century in Russia and they were printed in a special book “Rules in the house” in 1547.

The Russians have always been very hospitable.. The table was laid with a tablecloth. There was always some salt and bread on it as a welcoming sign for any guests. The rank of a person was very important. In accordance to it he could have been met in the yard, on the staircases or in the room. Meal was served in the largest and lightest room. The floor was covered with carpets. The most prestigious places were on the benches along the walls. The most noble were set to the right side from the host.

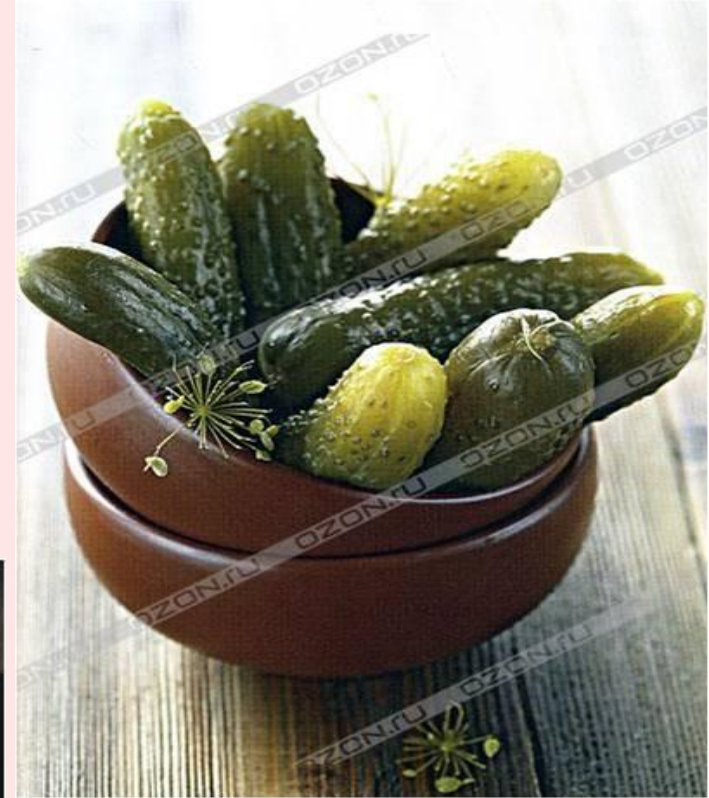


THEN FOLLOWED THE KISSINGS RITUAL



The guests were met by the hostess. The kissing ritual was very important. The hostess bent very low and the guests did the same. The guests asked the host to be the first who would kiss his wife, only after that the host bent and asked to present his wife the kisses. They came up to the hostess with their hands behind and kissed her. She gave them a glass of wine. But before they drank she did it herself to show that the wine wasn't poisoned.

To show that the family was well off the hostess changed her dresses several times during the meal. It was polite to drink a lot. It was impolite to leave the house sober (трезвым). The guest drank honey, Greek wine, beer, vodka, etc.



As usual the guests were unwell after the meal and they ate a snack – pieces of lamb with salted cucumbers, brine (рассол), vinegar, pepper.

With great respect the Russians treated the stove. It warmed the house. It was the place for cooking to the animals, for making pies, cooking food, drying clothes. It was the place for sleeping and for washing. The food cooked in it had with nothing comparable taste. It was because the food which is being cooked in it didn't have any direct contact with fire. Secondly, the bottom of a ceramic pots was very small and the heat wasn't too strong. The heating took place from the sides and the food was being cooked very slowly.





It is considered that Russian cuisine was very simple, but cooks at those times could cook very nice (refined) dishes. For example:

In the eggshell of geese's eggs they made a hole and blew out the content.

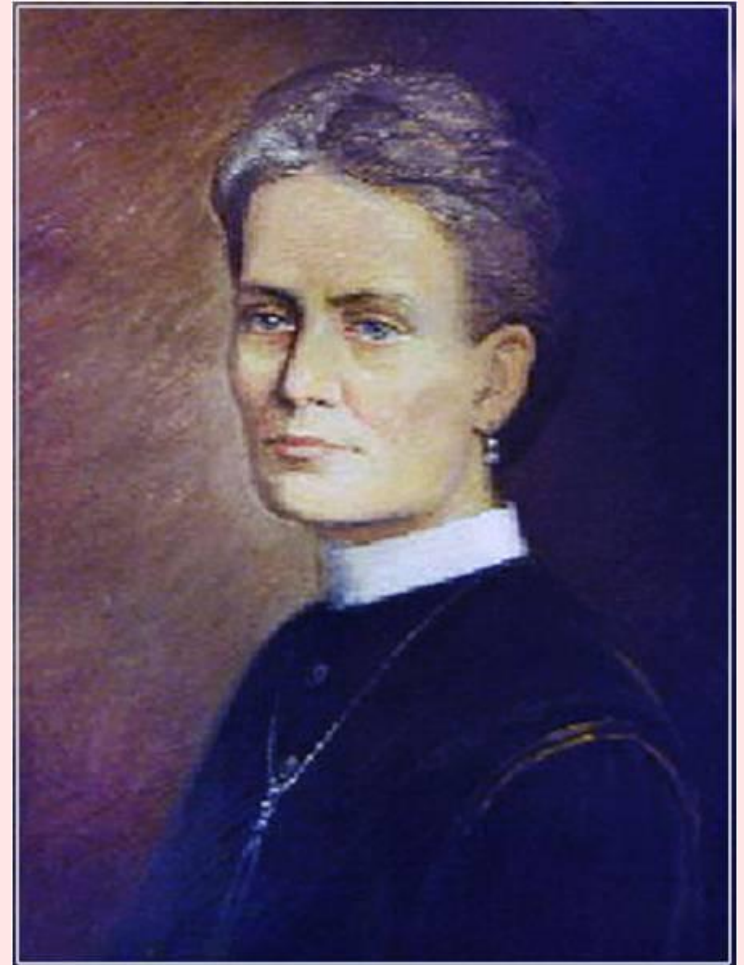
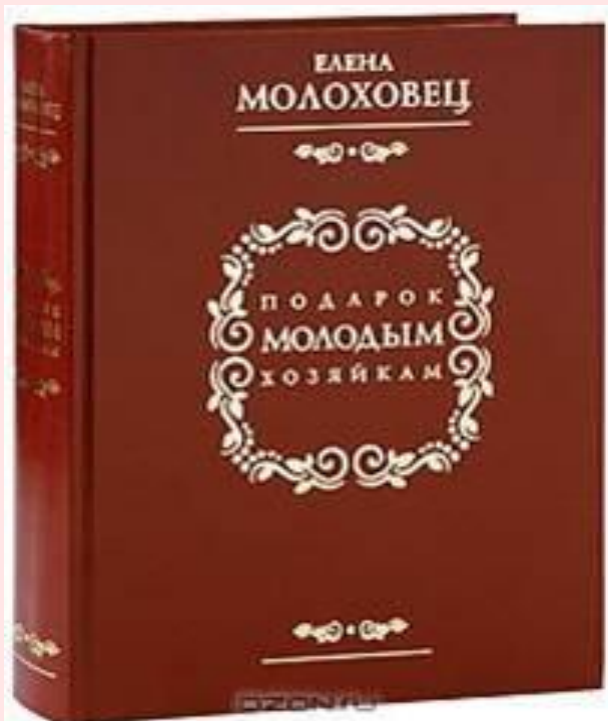


To the geese eggs they added chicken ones and cooked the egg porridge. Then it was rubbed with white bread, butter, chopped green onion, saffron. Then they stuffed the eggshell with this mixture and baked it in an oven.

When Peter the Great became the Tsar the Russians got to know potatoes, new names of cutlery, schnitzel, etc.



Schools for training cooks, Meal encyclopedia appeared at those times too. Helen Molohovets published it at the end of the 19th century the book “A present to the young hostess” it was named. There were more than 4000 recipes in it.



After the war with Napoleon the inns started to be renamed into the restaurants. The assortment of dishes was changed too. But through years the tastes of the Russians are still the same and the most lovely dish is still Sthi – cabbage soup. There are more than 60 types of it and they were cooked 1000 years ago.



But we want to tell you about the most famous salad whose history is worth knowing and that you are going to taste today.





“Olivier Salad”

Lucien Olivier , a French cook, made the first salad in 60s of the 19th century. He was the owner of an inn “The Hermitage”, which at those times was situated on Trubnayay Square in Moscow. To tell the truth it wasn't an ordinary inn according to those times' demands, but it was like a five-star Parisian restaurant. And the main specialty of the restaurant became the Olivier Salad. The method of its cooking Lucien Olivier kept in secret and after his death its recipe was lost forever. It was considered so. But

“Olivier Salad”



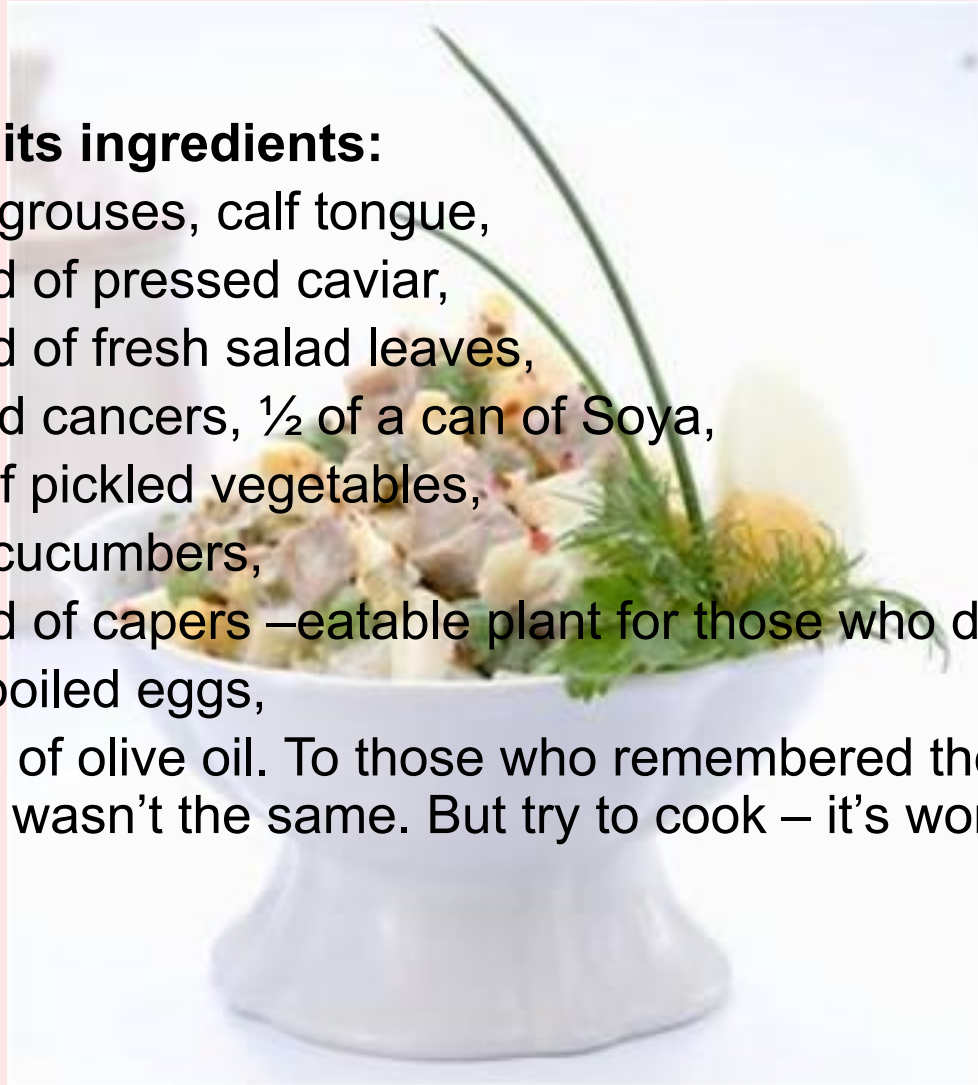
But at the same time the main ingredients were known as they couldn't have been kept strictly – the salad had been eaten before its secret was lost. At last in 1904 the recipe was restored.

“Olivier Salad”



These are its ingredients:

- 2 hazel grouses, calf tongue,
- ¼ pound of pressed caviar,
- ½ pound of fresh salad leaves,
- 25 boiled cancers, ½ of a can of Soya,
- ½ can of pickled vegetables,
- 2 fresh cucumbers,
- ¼ pound of capers –eatable plant for those who doesn't know,
- 5 hard-boiled eggs,
- 1 pound of olive oil. To those who remembered the genuine salad this one wasn't the same. But try to cook – it's worth it!



What are pickles?

- **Pickled** – these are marinated vegetables, beans and plantation vegetables (бахчевые): whole cucumbers, corn, olives, sweet pepper, onion, mushrooms, asparagus, sometimes fruit – all these were used for garnishing meat dishes as well as a snack. Pickled staff was produced at those times in England but it was commonly considered that Russian pickles were much better.



To eat or not to eat?



We don't know people who don't like this salad.
To tell the truth some speak of it (отзываться) as it is very harmful for your health. Doctors tell it off as being damaging. Supporters of separate eating faint. But in spite of all this we eat it and will be eating it. That is Instinct – and it means that it is healthy.

Olivier – where can you order it?

Now if you are in America and ask for Olivier salad you'll be misunderstood. It has another name now – it's name now is the Russian salad. It's taste has nothing in common with that of those days as some Russians say, it has even unpleasant taste. But it's in great demand among aborigines.

