

# RUSSIAN CUISINE







Russia is the most wonderful country with the rich history and the very old interesting traditions.

And, of course, our country has the amazing cuisine that is known all over the world.



# HISTORY AND FOOD

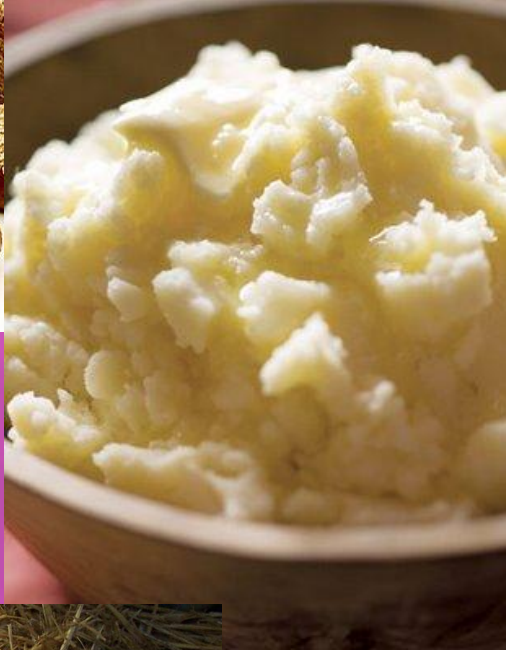
Russia has a history of a diet based on crops that can thrive in cold climates, such as grains (rye, barley, buckwheat, and wheat), root vegetables (beets, turnips, potatoes, onions), and cabbage.







Russia can be regarded as a northern country with long-lasting cold winter. The food should give us much energy and warmth to survive during the winter time. That's why Russian National Cuisine is rich in fat and calories.



The most popular five components of a Russian meal are potatoes, bread, eggs, meat and butter. Other popular foods include cabbage, milk, fish, sour cream, curds, mushrooms, lard, cucumbers, tomatoes, apples, berries, honey, pickles, garlic, and onions.





# Soups

A variety of soups is traditional for Russia. The most known are schi, borsch, ukha, okroshka, rassolnik.

Soups have always played an important role in the Russian meal.



# Shchi (Cabbage soup)

It had been the predominant first course in Russian cuisine for over a thousand years. It is a Russian soup with cabbage as the primary ingredient. Generally it is made with either cabbage or and other vegetables, although meat can also be added.



The richer variant of shchi includes several ingredients, - Meat (very rarely fish or mushrooms).  
- Carrots or parsley roots.  
- Spicy herbs (onions, celery, dill, garlic, pepper, bay leaf).  
- Sour components (smetana, apples, sauerkraut, pickle water).



A delicious traditional soup. It consists of meat or smoked sausages, cabbages, red beets, potatoes and some spices. You can also add a little sour cream. Borsh has attractive look and unforgettable flavour!

## Borsch



**Ingredients**  
400 g beef.  
2 average red beets.  
200 g cabbage.  
4 little potatoes.  
1 carrot.  
2 tomatoes.  
1 ts vinegar.  
salt, pepper to taste.  
parsley, dill and spring onions.



It is a cold soup of Russian origin. The classic soup is a mix of mostly raw vegetables, boiled potatoes, eggs, and a cooked meat such as beef, veal, sausages, or ham with kvass, the so-called bread drink, which is a mildly alcoholic beverage made from fermented black or rye bread. Kvass - Russian grain drink - makes okroshka easy and very refreshing. This soup is very good in summertime, because it satisfies thirst and pacifies hunger. It is usually garnished with sour cream.

## Okroshka



# Main Meat Dishes

Kholodets



Pelmeni



Beef stroganov –  
pieces of beef  
prepared with cream  
sauce.



# PELMESHKI

Pelmeni are dumplings consisting of a meat filling wrapped in thin, unleavened dough

It is a very interesting dish. In some districts pelmeni are called “colduni” (wizards).

Some people say that pelmeni are tastier when they are handmade.



# Kholodets

Kholodets - Jellied chopped pieces of pork or veal meat with some spices added (pepper, parsley, garlic, bay leaf) and minor amounts of vegetables (carrots, onions).



The meat is boiled in large pieces for long periods of time, then chopped, boiled a few times again and finally chilled for 3-4 hours forming a jelly mass, though gelatine is not used because calves' feet, pigs' heads and other offal is gelatinous enough on its own. It is served with horseradish, mustard, or ground garlic with sourcream.



**Besides meat dishes there are many other main courses**



**Vareniky** looklike pel'meny however inside the pastry there is no meat but berries, potato or curds.



**Omelets** is a really tasty dish, made of eggs, milk and flour whiped together an then fried, often served with dills.



**Sauerkraut** is just made of cabbage and salt ( some people can add cranberry, but very rarely), but the result is awesome – that's the best garnish to potatoes, meat, and anything you like!

# Dessert





## BLINI (PANCAKES)

Pancakes is the culinary product prepared from the liquid dough, poured out on a heated red-light pan. Pancakes are served with honey, sour cream, jam and even with meat, fish, caviar. Blini can be made from wheat, buckwheat, or other grains, although

wheat blini are most popular in Russia.



Blini are thin pancakes which are often served in connection with a religious rite or festival in several cultures. Blini had a somewhat ritual significance for early Slavic peoples in pre-Christian times since they were a symbol of the sun, due to their round form. They were traditionally prepared at the end of the winter to honor the rebirth of the new sun during Maslenitsa (Butter Week; also known as Pancake Week). This tradition was adopted by the Orthodox Church and is carried on to the present day, as the last week of dairy and egg products before Lent.







The outsides become crispy, and the center is warm and creamy. They are sweet and served for breakfast or dessert. Their simplicity and relative lack of expensive ingredients makes them very popular in Russia.

# Syrniki

Syrniki are made from creamy quark cheese, mixed with flour, egg, and sugar, sometimes adding vanilla essence. The soft mixture is shaped into cakes, which are fried, generally in vegetable oil.



Oladi – same as pancakes,  
but thicker and more feeding



Pastries (pirozhky) are the pastries  
with apple are most popular,  
but some people prefer it with  
cabbage or even rice



Curd - cottage cheese (or quark),  
usually served with honey or berry jam







# Russian Drinks



# Medovukha



Medovukha is an Old Slavic honey-based alcoholic beverage very similar to mead. These two words are related and go back to the Proto-Indo-European \*meddhe, honey. Known in Eastern Europe since pagan times, it remained popular well into the 19th century.



# Kvass



- Kvass or a bread drink in English, is a fermented beverage made from black or regular rye bread. The colour of the bread used contributes to the colour of the resulting drink. It is classified as a non-alcoholic drink by Russian standards, as the alcohol content from fermentation is typically less than 1.2%.



# Kissel

Kissel is made by first mixing water with potato starch flour and smashed fruits, then boiling this mixture.





# Russian Drinks

**Kompot** - boiled water with fruits or berries and sugar. Nowadays kompot made of dried fruits is very popular in schools and kinder-gardens.



**Prostokvasha** – the milk based acid beverage, served cold.



# Salads and extras

Olivje salad: a mayonnaise-based potato salad distinguished by its diced texture and the contrasting flavors of pickles, capers, olives, hard-boiled eggs, and peas.



Vinegret: boiled red beet root salad with onions, pickled cucumbers, boiled potatoes, carrots, and the vinaigrette dressing of sunflower oil and vinegar



Sel'd' pod shuboy (fur coat): chopped salted herring under a "coat" of shredded cooked beet, sometimes with a layer of egg or other vegetables

