

*Welcome  
to the Russian cuisine  
and cooking recipes,  
the place for lovers of  
delicious dishes and  
culture of the Rus.*

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- **Russian cuisine** derives its rich and varied character from the vast and multi-cultural expanse of [Russia](#). Its foundations were laid by the peasant food of the rural population in an often harsh climate, with a combination of plentiful [fish](#), [poultry](#), [game](#), [mushrooms](#), [berries](#), and [honey](#).

# ***MOST POPULAR DISHES***

*In our **Russian recipes cookbook** you'll find a great number of delicious dishes (main courses, desserts etc.) from ancient times to the present.*

*We invite you to keep our company and taste traditional Russian cuisine.*



## ***TASTY RUSSIAN PELMENI***

Most people associate pelmeni with Siberia, and many recipes and references to the dish call it "Siberian dumplings." Pelmeni probably did originate in Siberia, where hundreds or even thousands could be made, and then frozen and stored outside during the long winters.

**For the dough you will need:** 1 egg, some salt, a glass of water and some flour.

Mix everything, so that the dough is elastic. Let it stay for an hour, regularly knead.

**While waiting make the stuffing:** milled meat (better pork) mix with some salt, pepper, milled 3 onions.

Cut the dough into small pieces, put in the pieces of meat and press around like in the picture. When they are ready, put pelmeni into boiling salted water and let them boil for about 10 minutes.

Then take them out, put on a plate and serve hot with cream. *Bon appetite!*

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# HOT SOUPS



**Shchi** (cabbage soup) had been the main first course in Russian cuisine for over a thousand years.

Although tastes have changed, it steadily made its way through several epochs. Shchi knew no social class boundaries, and even if the rich had richer ingredients and the poor made it solely of cabbage and onions, all these "poor" and "rich" variations were cooked in the same tradition. Many [Russian proverbs](#) are connected to this soup, such as *Shchi da kasha pishcha nasha* ("Shchi and porridge are our food"). It can be eaten regularly, and at any time of the year.

The richer variant of shchi includes several ingredients, but the first and last components are a must:

- Cabbage.
- 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).

When this soup is served, [smetana](#) When this soup is served, smetana is added. It is eaten with rye bread. During much of the year when the Orthodox Christian Church prescribes abstinence from meat and dairy, a vegan version of shchi is made. "Kislye" (sour) schi are made from pickled cabbage ([sauerkraut](#)), "serye" (grey) schi from the green outer leaves of the cabbage head. "Zelyonye" (green) schi are made from sorrel leaves, not cabbage, and used to be a popular summer soup.

# UKHA

is a warm watery fish dish.

## Ingredients:

1 kg of any fish

800 gr of potatoes

150 gr of carrots

150 gr of onions

parsley, pepper, laurels, salt.



Clean the fish and boil it for 25-30 minutes.

Then add the potatoes, salt and pepper. Boil for 15 minutes.

Then add the laurels and the parsley.

Let it stay for about 25-30 minutes.

Bon appetite!

- **BORSCH** is made of broth, beets, and tomato juice with various vegetables. Vegetables include onions, cabbage, tomato, carrots. Broth is usually made from beef and is heated while ingredients are added. Typically, it is served with white bread and [Smetana](#).

### Ingredients:

- 1 kg of beef
- 500 gr of potatoes
- 300 gr of cabbage
- 400 gr of beet
- 200 gr of carrots
- 200 gr of onions
- 3 tablespoons of tomato juice
- 2-3 laurels
- Some parsley, salt, pepper, oil.
- 4 liters of water



The time of cooking is about 1 hour and 30 minutes. Put the meat into the boiling water and boil it for about an hour. Then add sliced potatoes. Let it boil for about 20 minutes. At this time heat the sliced beet, carrots and onions, the tomato paste in the oil. Then put it into the broth. Slice the cabbage and put it into the broth too. Add the parsley, laurels, salt, pepper and boil for 5 minutes. Serve hot with cream.

- ***KOTLETY*** (cotelettes, meatballs), a Western European dish popular in modern Russian households, are small pan-fried meat balls, not dissimilar from [Salisbury steak](#) and other such dishes. Made primarily from pork and beef (sometimes also from chicken or fish), they are easily made and require little time. Milk, onions, milled beef and pork are put in a bowl and mixed thoroughly until it becomes relatively consistent. Once this effect is achieved, balls are formed and then put into a hot frying pan to cook. When meat was in short supply, a portion of it could be substituted with bread to protect the size and flavour of the kotlety.



# ***SHASHLYK OUT IN NATURE***

[Shashlyk](#) is a form of [Shish kebab](#) (marinated meat grilled on a skewer) popular in former [Soviet Union](#) countries, notably in [Georgia](#) notably in Georgia, Russia, [Azerbaijan](#) Azerbaijan, and [Uzbekistan](#). It often features alternating slices of meat and onions.

## **Ingredients:**

- meat – 2 kg
- 1-2 onions
- some vinegar
- some water
- some salt, pepper

slice the meat into peaces, put it into the water with the vinegar, sliced onions, salt and pepper. Let it stay this way for about 8 hours or more. Then thread the slices on the spits and fry them above coal or sticks in heat and smoke. Don't let fire touch the meat.



# *Pirozhki*

Russian pirozhki made with onion, mushroom, meat and rice stuffing.

Six typical fillings for traditional pirozhki are:

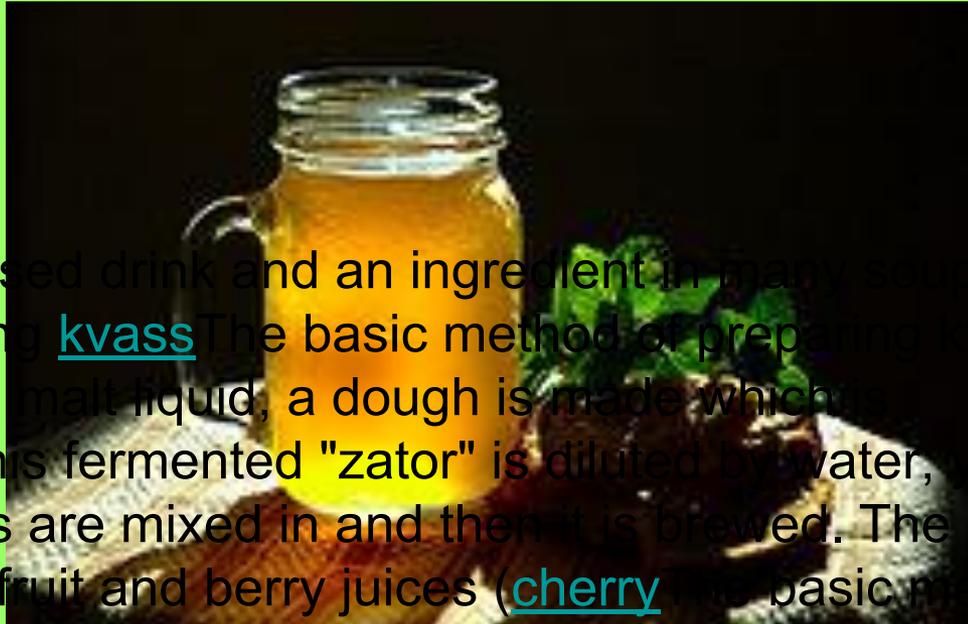
- Fish sautéed with onions and mixed with hard-boiled chopped eggs.
- Chopped boiled meat mixed with sautéed onions and eggs.
- Rice and boiled eggs with dill
- Mashed potatoes mixed with dill and green onion.
- Sautéed [cabbage](#).
- Sautéed mushrooms with onions and sometimes carrots.

**Ingredients for dough:** 1 tablespoon of yeast, 350 gr of water, 1\2 of teaspoon of sugar, some flour, 2 eggs, 1 teaspoon of salt, 3 tablespoons of oil.

Mix everything and put the dough into warmth for 15-20 minutes. Then cut the dough into not large peaces, put the filling you like, and fry in boiling oil on a pan.



# DRINKS



Kvass is a Russian bread-based drink and an ingredient in many soups. The basic method of preparing [kvass](#) is that out of water, flour, and malt liquid, a dough is made which is subjected to fermentation. This fermented "zator" is diluted by water; yeast, sugar, and aromatic additives are mixed in and then it is brewed. The role of additive can be played by fruit and berry juices ([cherry](#), [raspberry](#), [lemon](#), etc.), as well as [ginger](#).

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# ***SALAD “OLIVIE”***

## Ingredients:

1 can of green peas (400r)

- 300 gr of meat or boiled sausage
- 4 eggs
- 350 gr of potatoes
- 100 gr of salted cucumbers
- 1 onion
- some salt
  
- some mayonnaise



The meat or sausage, eggs, potatoes, cucumbers and the onion cut into small peaces. Mix everything, add the green peas, the salt and mayonnaise. Put into cold for about an hour. It is ready!

# ***BLINI***

## Ingredients:

- 500 ml of milk
- 2 eggs
- 2 tablespoons of oil
- 1 tablespoon of sugar
- 200 gr of flour
- 1 teaspoon of soda
- Some salt



Mix everything so that the dough is fluid. Let it stay for about 20 minutes. Then pour some of the dough on the frying pan with bit of oil and fry them until they are brown.

# SALAD "MIMOZA"

## Ingredients:

- 200 of tinned fish
- 300 gr of potatoes
- 200 gr of carrots
- 1-2 onions
- 4 eggs
- Some salt
- Some mayonnaise

## How to cook:

Boil the potatoes, carrots and eggs. Cool them and clean. The onion(s), potatoes, carrots cut into small peaces. The eggs: separate the white from the yolk. Separately cut them into small peaces. The fish mash with a fork.

Take a dish and put into layers: the fish, the potatoes, some mayonnaise, then the carrots, the onions, some mayonnaise, the white, some mayonnaise, the yolk.  
Decorate with some parsley.



# CAKE "NAPOLEON"

## Ingredients:

### For the 1<sup>st</sup> dough:

1 glass of milk

some salt

some flour

### For the 2<sup>nd</sup> dough:

1 pack of margarine

2 tablespoons of cream

some flour

Then mix them both, so that to make one elastic dough. Put it into the cold for an hour.

Then cut it into small peaces, roll into flats and fry on the frying pan without oil until they are light-brown.

## Ingredients for the cream:

3 eggs, 1 liter of milk, 250 grams of sugar, some butter, 3 tablespoons of flour. Mix everything and cook at low heat until the mass is not very thick. Let it be cool.

Then take a dish and put a flat, lubricate it with the cream, so all the other flats. let it stay for an hour in the cold and it is ready!

