

A close-up photograph of a glass filled with a vibrant red, textured liquid, likely Kisel. Fresh red currants are draped over the rim of the glass, and a sprig of green mint leaves is visible in the lower left corner. The background is softly blurred, showing more of the dish and its garnishes.

Kisel. traditional Russian dish

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THE STORY OF KISEL

- The name 'kisel' came from the word "sour ". Kissel is a traditional Russian dish and some other countries borrowed its recipe. For instance, to a German jelly some cinnamon and cloves is added and in a French one - some vanilla.
- The history of the kisel is lost in centuries. The time when it appeared in Russian cuisine is unknown. More likely, Russian people started cooking the kisel at about the same time when they learned how to cultivate grains. It used to be made from wheat, oats, rye and even peas not from fruit or berries. Now we know that at the time when the Great Prince Vladimir the Red Sun ruled the country the kissel was one of the most popular dishes for our ancestors, so it was more than 1000 years ago. Kisel was mentioned in the famous "Domostroy", the collection of manuals on household management, compiled in XVI century by the order of Ivan IV.
- There was even a special profession – "Kiselschik". This proves the fact that kisel was very popular with Russian people. So kisel used to be cooked in large quantities and sold in many public places.

THE OLD WAY TO MAKE KISEL

- Nowadays, to prepare kisel with the starch is a matter of minutes. But in the days of old, it took a few days to cook kisel. First, they filled some milled grain with warm water and left to ferment in a warm place. Sometimes, to improve the taste and speed up the fermentation, a small amount of sour milk was added to the mixture. The fermentation lasted approximately for two days. Then the mixture was filtered and left to brew for a couple of hours. Then the upper liquid layer was drained, and the remaining jelly mass turned into kisel. According to this method, one can understand, that the first kisel was not sweet at all. Oatmeal kisel was often served with milk, wheat and rye ones with honey, and a piece one was served with meat sause. Kisels were of different consistency and sometimes so thick that they had to cut it with a knife

PICTURES



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