

⇒ Oxana Putan (Broms) ⇒



**Modern
Russian
Cuisine**
for Your Home

Step-by-Step Illustrated Recipes

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Добро пожаловать в мир русской кухни!
Если вы хотите узнать, что такое современная русская кухня – следуйте за нами, страница за страницей. Мы расскажем вам об этом и дадим точные, проверенные рецепты и пропорции. Научим вас готовить самые простые и наиболее распространенные русские блюда.

Вы откроете для себя много нового. Узнаете, как готовятся и называются популярные русские блюда. Познакомитесь не только с историей разных блюд, но и с приемами и хитростями, облегчающими их приготовление.

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Перевод на английский Е. Филдс-Левитан

Ответственные редакторы С. Ильичева, М. Васильева

Выпускающий редактор О. Сушик

Художественный редактор Е. Мишина

Дизайн Ю. Анохиной

Иллюстрация В. Кирдий

Фото-портрет на обложке К. Черкасовой

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123308, Москва, ул. Зорге, д. 1. Тел. 8 (495) 411-68-86.

Home page: www.eksmo.ru E-mail: info@eksmo.ru

Өндүрүшү: «ЭКСМО» АҚБ Баспасы, 123308, Мәскеу, Ресей, Зорге көшесі, 1 үй.

Тел. 8 (495) 411-68-86.

Home page: www.eksmo.ru E-mail: info@eksmo.ru.

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Тел.: 8(727) 2 51 59 89,90,91,92, факс: 8 (727) 251 58 12 вн. 107; E-mail: RDC-Almaty@eksmo.kz

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⇒ Welcome to the world of the Russian cuisine! ⇐

BELIEVE IT OR NOT, BUT I WROTE THIS BOOK OUT OF HORROR.

Really! I was horrified by all the food that is passed for Russian cuisine in other countries. These dishes have absolutely nothing to do with the real Russian food.

It is more like a game of telephone, when a word is whispered from one person to another and by the time it gets to the last player the original meaning is completely lost. The same thing happens with the recipes of Russian dishes.



B. Kusov



If you want to find out what the modern Russian cuisine is like, follow me into this book PAGE by PAGE. I'll tell you all about it and give detailed recipes that have been tested with accurately measured ingredients. I'll teach you to cook the simplest and the most famous Russian dishes.

You will discover many new things. You'll find out how the popular Russian dishes are called and made. You'll learn not only the history of these dishes but also a lot of tips and tricks to make their preparation a lot easier.

What you will not find in this book is calorie counting. Russian food is nourishing, substantial and very tasty. Therefore, we will leave calorie counting for another day and just enjoy ourselves here!

Usually foreigners think that the Russian cuisine consists of only three components: the pancakes, caviar and vodka. I want to break down this misconception.

First of all, the Russian cuisine in the last century has changed a lot. The cuisine itself and the dishes that are popular in Russia today are very different from the way they were cooked generations ago. Besides, the Russian cuisine has been influenced greatly by other countries. Let me remind you that for almost 70 years Russia has been one of the 15 republics of the Soviet Union. Many popular dishes have been borrowed during those years.

For example, borsch (Ukrainian soup), shashlik (Georgian shish-kebob), azu (Tatar meat stew) and Chicken Kiev became Russian favorites as well as many salads and drinks. While the Russian cuisine adopted cooking habits and preferences of the neighboring cultures, it modified them in order to fit into its own culinary tradition.

At the same time, the old traditional Russian dishes changed slowly according to the modern realities. The foods of the times long ago were simple and very similar to one another. All dishes were prepared in the traditional Russian oven mainly by stewing and baking. The Christian Orthodox traditions greatly influenced the cuisine in Russia. Fast days made up a large part of the year which explains why the Russian cuisine was dominated by the vegetable, mushroom and fish dishes along with a variety of kashas made from grains and cereals.

The times were changing bringing along new technical developments – and with them came new gastronomic opportunities.

•
**THE RUSSIAN CUISINE TODAY IS A CREATIVE BLEND OF OTHER NATIONS' RECIPES
WITH THE RUSSIAN CULINARY TRADITIONS.**

**THERE ARE NEW RECIPES ADDED ALL THE TIME
ON OUR WEBSITE [HTTP://WWW.KITCHENRUSSIAN.COM/](http://www.kitchenrussian.com/).**

COOK THEM! TASTE THEM! ENJOY THEM!

⇒ Vitamin Salad ⇒

THIS SALAD IS TRADITIONALLY MADE IN EARLY SPRING IN RUSSIA.

It's prepared from produce that was typically stored in the fall and kept till spring: cabbage, apples and carrots. The apples add some tartness to the salad. The carrot brings in a little bit of sweetness and bright color. The lemon lets the apple keep from discoloration (it tends to darken when cut and exposed to the air). All these ingredients together are considered an excellent source of vitamins – hence the name of the salad.

SERVES 4-6

INGREDIENTS:

1 LB GREEN CABBAGE

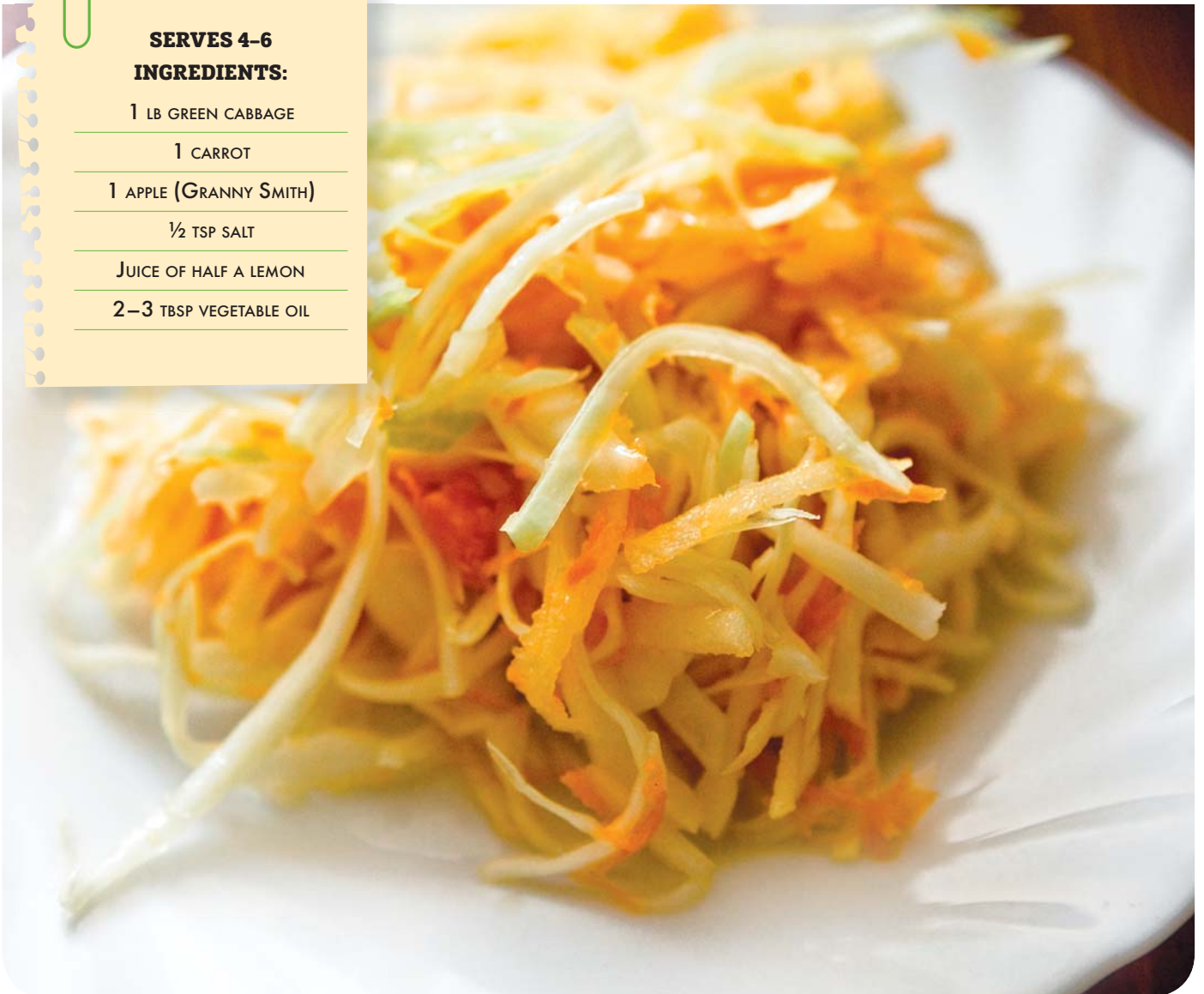
1 CARROT

1 APPLE (GRANNY SMITH)

½ TSP SALT

JUICE OF HALF A LEMON

2-3 TBSP VEGETABLE OIL



THIS SALAD IS GREAT ON ITS OWN AS A DIET DISH OR AS A SIDE DISH WITH MEAT, FISH OR POULTRY.

THE SALAD CAN BE STORED IN THE FRIDGE FOR 2-3 DAYS IN A CONTAINER WITH A LID OR TIGHTLY COVERED WITH PLASTIC FILM.

WHEN STORED, THE SALAD RELEASES A CONSIDERABLE AMOUNT OF LIQUID (VEGETABLE JUICE) WHICH WON'T AFFECT ITS QUALITY.



① Finely slice the cabbage and place into a bowl. Add the salt and mix well with your hands.

•
YOU WILL NEED TO SQUEEZE THE CABBAGE WHILE MIXING SO THAT THE SALT DISTRIBUTES EQUALLY AND THE CABBAGE RELEASES SOME JUICE.
•



② Peel the apple and the carrot using a thin knife or a vegetable peeler. Coarsely grate the apple.



③ Sprinkle the apple with the lemon juice and mix well.



④ Add the apple to the bowl with the cabbage.



⑤ Grate the carrot on a fine grater and add to the salad.



⑥ Mix all the vegetables together.



⑦ Pour the vegetable oil over everything and mix one more time.

⇒ Olivier Salad ⇒ (Russian Meat Salad)

IN THE REST OF THE WORLD THIS SALAD IS PROBABLY THE MOST WELL-KNOWN AS “RUSSIAN SALAD”, but in Russia it carries a different name: it’s named after a French chef that used to work in Moscow before the revolution of 1917. This salad is very easy to make, and all the ingredients can be prepared in advance.

SERVES 4-5

INGREDIENTS:

1 LB BEEF

2 LARGE PICKLES

2 LARGE POTATOES

1 LARGE CARROT

2-3 HARD-BOILED EGGS

3-4 TBSP CANNED GREEN PEAS

3 TBSP MAYONNAISE

SALT



IN THE 70S AND 80S SOMETIMES THERE USED TO BE A SHORTAGE OF BEEF, AND RUSSIAN COOKS HAD TO SUBSTITUTE IT WITH HAM OR BOLOGNA. TO THIS DAY SOME PEOPLE THINK THAT THE REAL OLIVIER SALAD SHOULD HAVE BOLOGNA AND NOT BEEF. WE WON'T ARGUE OVER THIS — SO MANY MEN, SO MANY MINDS. BUT ONE THING FOR SURE: THIS SALAD IS AN ABSOLUTE STAPLE FOR THE NEW YEAR'S EVE FEAST IN RUSSIA — JUST LIKE A TURKEY IS A THANKSGIVING DINNER MUST IN THE US.



① Place the beef in a pot, cover with cold water, add salt, bring to a boil and cook for 30 minutes more.



② Take the meat out of the broth and let cool.



③ If the time allows, let the meat cool in the broth. This way it will have softer texture and a more intense flavor.



④ Place the potatoes and the carrot into another pot, add salt and cook till done.

•
THE DONENESS CAN BE EASILY CHECKED WITH A KNIFE: IF IT PIERCES THE VEGETABLES EASILY, THEY ARE READY. KEEP IN MIND THAT POTATOES COOK FASTER THAN CARROTS, SO IF YOU'RE COOKING BOTH IN THE SAME POT, TAKE THE POTATOES OUT EARLIER AND CONTINUE COOKING THE CARROTS.

IT'S BEST TO ADD SALT DURING THE COOKING OF BOTH VEGETABLES AND MEAT – THEN THE SALAD WON'T NEED ADDITIONAL SALT.

•



⑤ Let the vegetables cool and peel them.



⑥ Cook the eggs (exactly 7 minutes after boiling) and take them out to cool. Dice the potatoes, carrot, pickles and meat into small cubes.



⑦ Place the cubed ingredients into a deep bowl. Add the peas.



⑧ Chop the boiled eggs into small cubes or grate coarsely, then add to the salad.



⑨ Add the mayonnaise.



⑩ Stir well to combine – and voilà!

⇒ Vinegret Salad ⇒

WHAT A VINEGRET – THAT’S WHAT RUSSIANS USUALLY SAY ABOUT A MIXTURE OF SEEMINGLY INCOMPATIBLE THINGS – just like this salad, which contains boiled, pickled and salted vegetables. The great thing about vinegret, apart from being one of Russia’s favorites, is that it also happens to be a Lenten salad. It is made of vegetables traditionally stored in autumn to be consumed during winter: potatoes, beets, carrots, pickles and sauerkraut. One can’t do without the vinegret during Nativity Fast, Advent and Lent. The salad is very easy to make.

SERVES 4 TO 6

INGREDIENTS:

2 POTATOES

2 CARROTS

2 SMALL TO MEDIUM BEETS

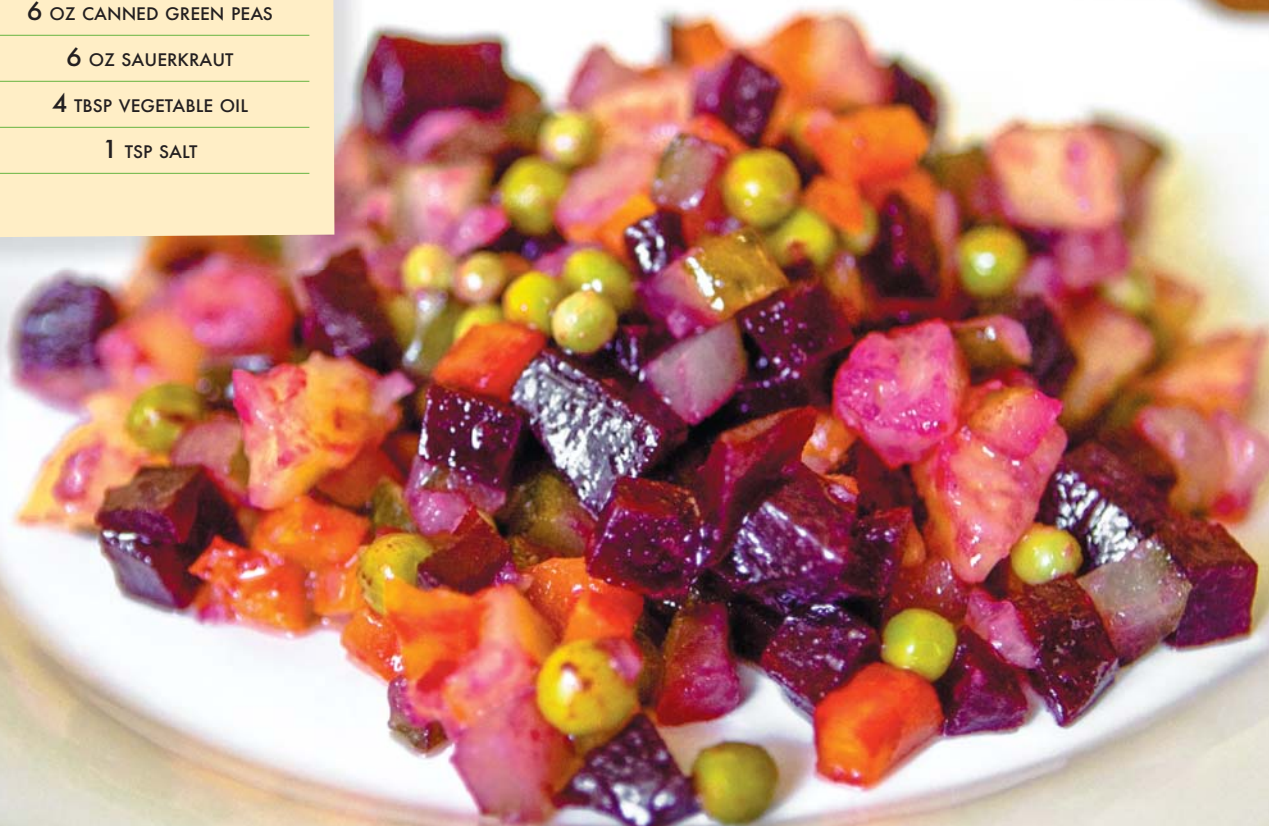
2 PICKLES

6 OZ CANNED GREEN PEAS

6 OZ SAUERKRAUT

4 TBSP VEGETABLE OIL

1 TSP SALT



⇒ APPETIZERS AND SALADS ⇒



① Place unpeeled potatoes, beets and carrots into a saucepan. Pour in cold water, enough to cover the vegetables. Add the salt and put on the stove.



② Let the water boil for 20 minutes, then take the potatoes out. In another 15 minutes remove the carrots and continue cooking the beets. The beets should be fully covered with the water at all times, so add more water to the pot if necessary. Cook the beets for 25 more minutes after removing the carrots, then get the pan off the stove and pour the water out.



③ When the vegetables cool down, use a knife with a thin sharp blade to peel them.



④ Dice the beets into small cubes, add the vegetable oil and toss well.



⑤ Dice the potatoes, carrots and pickles into small cubes and put them in a separate bowl.



⑥ Add the green peas and sauerkraut. Toss the vegetables thoroughly.



⑦ Add the beets to the other vegetables right before serving.



⑧ Mix the vegetables. If you do it in advance, the beets will give off their burgundy color and stain other ingredients.



⑨ This salad can be served on its own or as a side dish with the meat or burgers.

WHY THE NAME OF THIS TRADITIONAL RUSSIAN SALAD (VINEGRET) IS PRONOUNCED EXACTLY LIKE THE ORIGINAL NAME OF A FRENCH DRESSING (VINAIGRETTE) IS A MYSTERY TO ME. THERE ARE MANY WILD THEORIES ABOUT ITS ORIGINS ON THE INTERNET, BUT MY GUESS IS THAT A CHEF IN SOME RUSSIAN TAVERN DECIDED TO SHOW OFF BY GIVING A FANCY NAME TO A SIMPLE DISH. THE FOREIGN WORD NOT ONLY SURVIVED, IT BECAME COMMON.