

Russian cuisine



Презентация по теме
«Русская национальная
кухня»

What sort of food do Russians eat in general?

Russian people generally eat a rich and varied diet. However they do eat a lot of dairy products. Some of these include a thick sour cream called *smetana*. A cream cheese called *tvorog* and the drink called *kefir*.



Tvorog and smetana



What sort of food do people serve on their tables?

They serve a wide variety of traditional Russian dishes. There's *draniki* which are potato pancakes, *salo* which is tender pork fat, *pelmeni* which is pasta stuffed with pork and onions and different sorts of *porridge* with milk, meat or butter.

Draniki



Pelmeni



Salo with potatoes and cucumbers



Porridge



What sort of dishes are popular appetizers?

Well, appetizers are usually fish or meat dishes. Popular festive fish dishes are *salmon*, *herring* and *smoked sturgeon*. Many people like eating fried *crucians*, *pikes*, *carps* etc. Of the meat appetizers *buzhenina* and *holodetz* which are lean boiled pork with spices as well as *jellied tongue* served with horseradish sauce. Russian people like *mushrooms*, *vinaigrette* (or *Russian salad*) very much too.

Red fish



Salted herring / 'Herring under furcoat'



Smoked sturgeon



Fried crucians



Buzhenina, jellied tongue



Holodetz



Vinaigrette (Russian salad)



Mushrooms



What about the soups?



Okroshka from kefir

Kvas



Okroshka from kvas





Kvas from beets

Solyanka can be made from meat
or fish or mushrooms.



Borsch is made from beets, *salo*, cabbage and with *smetana*.



Shchi is made from cabbage and potato. Everyone loves Shchi.



Fish soup or ukha



What are some special main courses?



Beef stroganoff

Golubtsy is minced lamb, pork and rice wrapped in cabbage and topped with a cream sauce (smetana)-delicious!



Grilled piglet



Desserts

- *Baked apple* and *baked pumpkin* are popular desserts as is fruit and berry *kisel* which is a sort of sour fruit jelly.
- Russian people like drinking tea with *jam*, *blini*, and a wide selection of freshly baked pies, *pirozhki*, *ponchiki* etc.

Baked apples



Baked pumpkin



Kisel



Blini



Tea-table



Pickling is very popular in Russia.



Here is the recipe of pickled tomatoes.

- ***Ingredients:***
- *Tomatoes/Dill/Horseradish leaves/Cherry leaves/Blackcurrant leaves/garlic/summer savoury/coarse grain salt/water*
- ***Sterilised jars***
- ***Preparation:***
- *1. Sort tomatoes by size and ripeness, wash in cold water.*
- *2. For every 5 kg tomatoes use 75 g dill/ 30 g horseradish greens, cherry leaves, blackcurrant leaves (don't worry if you can't find all of these leaves:while all are desirable, any one of three will do fine), 6-7 garlic cloves (peeled), as well as a half spring each of tarragon and savoury.*
- *3. The amount of salt required for pickling depends on the ripeness of the tomatoes. Green or brown tomatoes need 70-80 g of salt per litre of water. Red tomatoes need 100 g of salt per litre.*
- *4. Line the bottom of a sterilised jar with one third of the spice/herb/garlic mixture, with dill at the bottom.*
- *5. Place tomatoes neatly on top of the spices until the jar is half full.*
- *6. Place another layer of spice mixture on top of tomatoes, and then add one more layer of tomatoes. Place remaining spice mixture on top.*
- *7. Add salted water, making sure tomatoes are completely covered, and seal jar.*
- *8. Store for 2-3 months at 5 C.*
- *9. Open and enjoy.*

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Thank you very much for your attention!

