

# 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!**

