

Traditional dishes of Russia

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Every country has its own culture, traditions, holidays and, of course, cuisine. That makes each nation unLearning about Russian cuisine can help to understand better the nature of the countryque and authentic.



Borsch

Some of my favourite national dishes are borsch, cabbage rolls, pancakes with jam, vinaigrette, kvass and okroshka. Borsch is a beetroot soup, which contains many other vegetables: potatoes, carrots, onions, cabbage. Every housewife has her own recipe of borsch.



Kvass

Kvass is a cold fermented drink made of rye bread. It is especially popular in summertime. It is one of the ingredients of cold Russian soup okroshka. However, some people make okroshka from a fermented milk drink, called kefir.



Vinaigrette

Vinaigrette is a traditional Russian salad made of cooked beetroot. Other vegetables in it include potatoes, carrots, onion, green peas or beans. People add sauerkraut or pickles to make it more savory.



Olivier

Olivier salad is a traditional salad in Russian cuisine, which is also popular in other post-Soviet countries, many European countries, Iran, Israel, Mongolia and also throughout Latin America.

In different modern recipes, it is usually made with diced boiled potatoes, carrots, green peas, eggs, diced boiled chicken (or sometimes ham) with salt, pepper, dressed with



Blini

Blini are thin, flat cakes prepared from batter and cooked on a hot frying pan – first on one side and then flipped to cook on the other side. Blini are eaten with *mushrooms, meat, jam or sour cream.*



Varenye

Varenye or varenie is a popular dessert, widespread in Eastern Europe (Russia, Ukraine, Belarus).

It is made by cooking *berries, fruits, or more rarely nuts, vegetables, or flowers*, in sugar syrup.



Okroshka

Okroshka is a cold soup of Russian origin. The classic soup is a mix of mostly raw vegetables (like cucumbers, radishes and spring onions), boiled potatoes, eggs, and a cooked meat with *kvass*.

Later versions that first appeared in Soviet times use *kefir*, or *mineral water* instead of *kvass*.



*Thank you for your
attention!*