

A detailed still life painting featuring various ingredients for traditional Russian cuisine. In the center, a cluster of ripe red tomatoes sits on a wooden surface. To their right, a white plate holds a large piece of cured meat, possibly salo, along with sliced tomatoes and a lemon wedge. A glass bottle of dark sauce with a red cap and a label featuring a tomato and glass stands to the left of the tomatoes. Next to it is a small glass filled with a red liquid. In the foreground, a woven basket contains sliced mushrooms and fresh green herbs. Long green onions are scattered across the bottom of the scene. A wooden cutting board with a knife and a fork lies in the lower right. The background is a simple, neutral-toned wall.

# Traditional Russian cuisine



In Russian it's usual to have meals three times a day. There is breakfast, dinner and supper.





Neither breakfast nor its preperation usually takes much time. In Russia it's not common to eat much for breakfast.



Blini and blinchiki are other common morning meals. Blini are practically the same as English pancakes. In Russia they are served with butter and sugar.



Bread plays a very important role in the meal. Russians eat bread with practically all dishes. In Russia they cook light and dark bread. The colour of bread depends on the kind of flour is used for its preperation.





Another dish of Russian cuisine containing a lot of ingredients, which at first sight don't seem to suit each other, is okroshka.

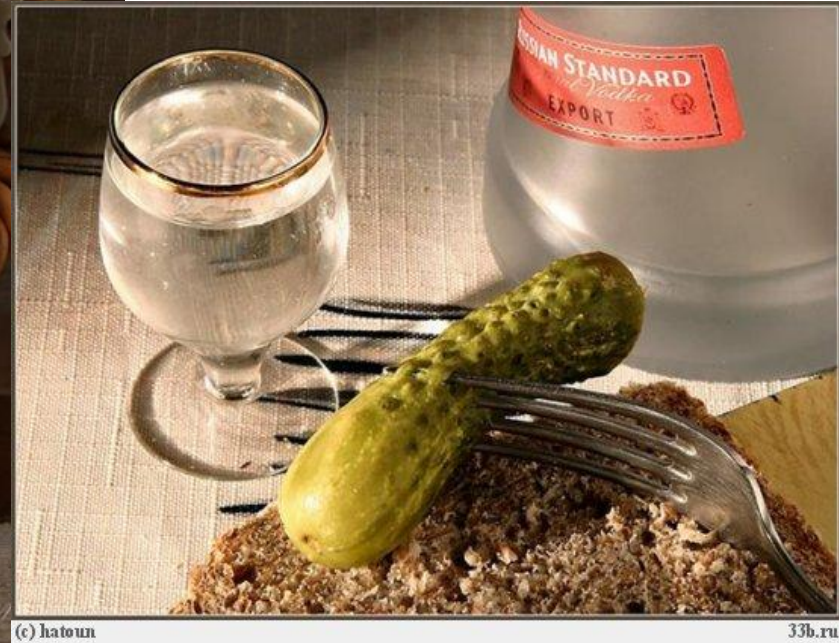




Beside soups, Russians have some other tasty things. Golubci and pelmeni are among them.



They are popular in many countries abroad but you should try them in Russia because here they are the best.



Among drinks Russians often like tea and vodka. Perhaps Russian climate which is famous by its cold weather influenced this choice of drinks. But when it's warm Russians drink kvass and compote with pleasure.





Kvass is a traditional drink in Russia.



Depending on what part of the country you visit you have an opportunity to try either dark or light kvass.





And the fact that you like dark kvass still doesn't mean that you'll like the light one, because it tastes much different.

The End

