

NATIONAL RUSSIAN CUISINE
7 КЛАСС
УЧЕБНИК КУЗОВЛЕВА
В.П.



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Traditional Russian Food

Pancakes



Blini and blinchiki are served with butter and sugar, sour cream. Besides there are blinchiki with stuffing. There is a plenty of different stuffing. For example blinchiki with cottage cheese, meat, jam and caviar. If you are in Russia on Maslenitsa (Shrovetide) you can try different kinds of blinchiki because on that holiday blinchiki are considered to be the main and necessary dish.



Kasha

Kasha (porridge) is another traditional dish in Russia. You will find it on the table more often than blinchiki because it's much simpler to prepare. Not only porridge is popular but also cereal made from other different grains.



Pelmeni

Pelmeni were originated in Siberia. Pelmeni are often filled with meat, mushrooms, onions, turnips. Various spices, such as black pepper and onions, are mixed into the filling.

Syrniki



The name syrniki is derived from the word сыр in Russian meaning "cheese". Syrniki are made from creamy quark, mixed with flour, eggs, and sugar, sometimes adding vanilla extract.

Vatrushka is an Eastern Europe pastry formed as a ring of dough with quark in the middle, often with the addition of raisins or bits of fruit.



Okroshka



is a cold soup of Russian origin that is also popular in Ukraine. The classic soup is a mix of mostly raw vegetables (like cucumbers and spring onions), boiled potatoes, eggs, and a cooked meat such as beef, sausages, or ham with kvas. Okroshka is mostly served in summer. Okroshka is always served cold.

Shchi



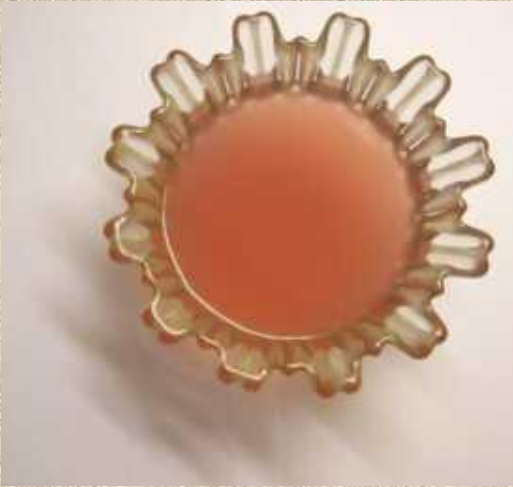
Shchi is a Russian soup with cabbage. Shchi is easy to prepare. It is known since at least the 9th century. Beef is the most popular meat for shchi, and pork is more common in Ukraine.

Ukha



"Ukha" as a name in the Russian cuisine for fish broth was established only in the late 17th to early 18th centuries. Ukha is a clear Russian soup, made of fish like salmon or cod, root vegetables, parsley root, leek, potato, bay leaf, dill, green parsley and spiced with black pepper. There is an opinion that you can not make a good ukha from sea fish. Fresh fish is best to be cooked. Preference is given to smaller, younger fish, with the tail part.

Kisel



It is a fruit soup, popular as a dessert. Its name is derived from a Slavic word meaning "sour". In Russia, the most popular flavours are cranberry, cherry, and red currant.

Kvas



It is a popular Russian soft drink. Kvas sometimes is called a bread drink. It is made from black or regular rye bread. It is usually drunk in hot summer days.

Ресурсы: <http://www.nashgorod.ru/users/40991/foto/10660> квас

<http://www.proshkolu.ru/user/galstonok/file/1581051/> каша

<http://vorotila.ru/Item50289/Bliny-s-ikroy> блины с икрой

<http://ru.lenagold.ru/fon/clipart/p/pelm.html> пельмени

https://commons.wikimedia.org/wiki/File:Red_Currant_Kissel.jpg?uselang=ru кисель

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http://alphabetneeta13.blogspot.ru/2013/06/blog-post_1643.html ватрушка

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