

The Pomor Cuisine



Will you read:

cuisine

a turnip

stove

festive (holiday)

stew

hospitality

a ritual

cloudberries

a copper pot

cowberries

steam

cranberries

pickle

bilberries

Give it a name.









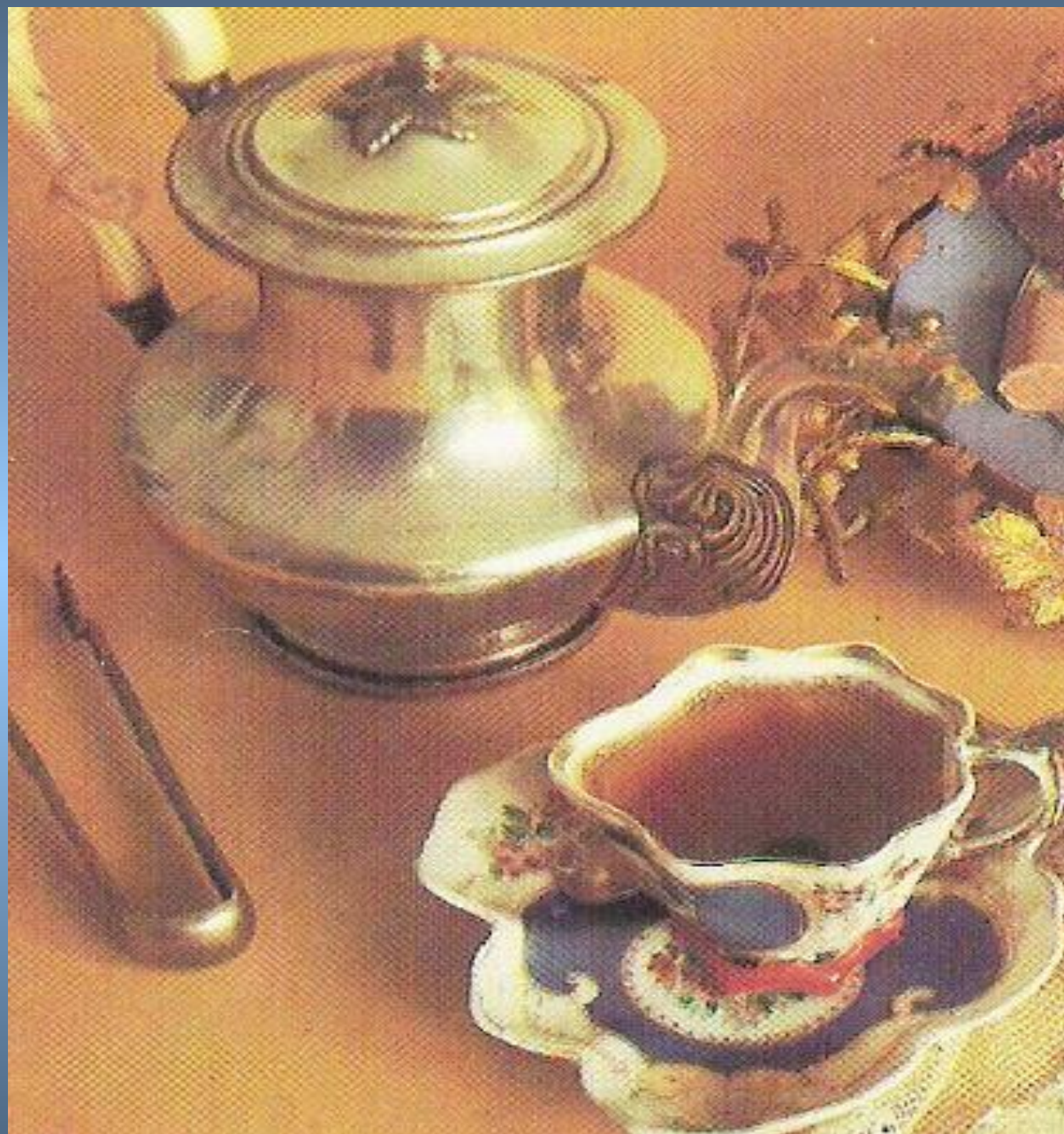








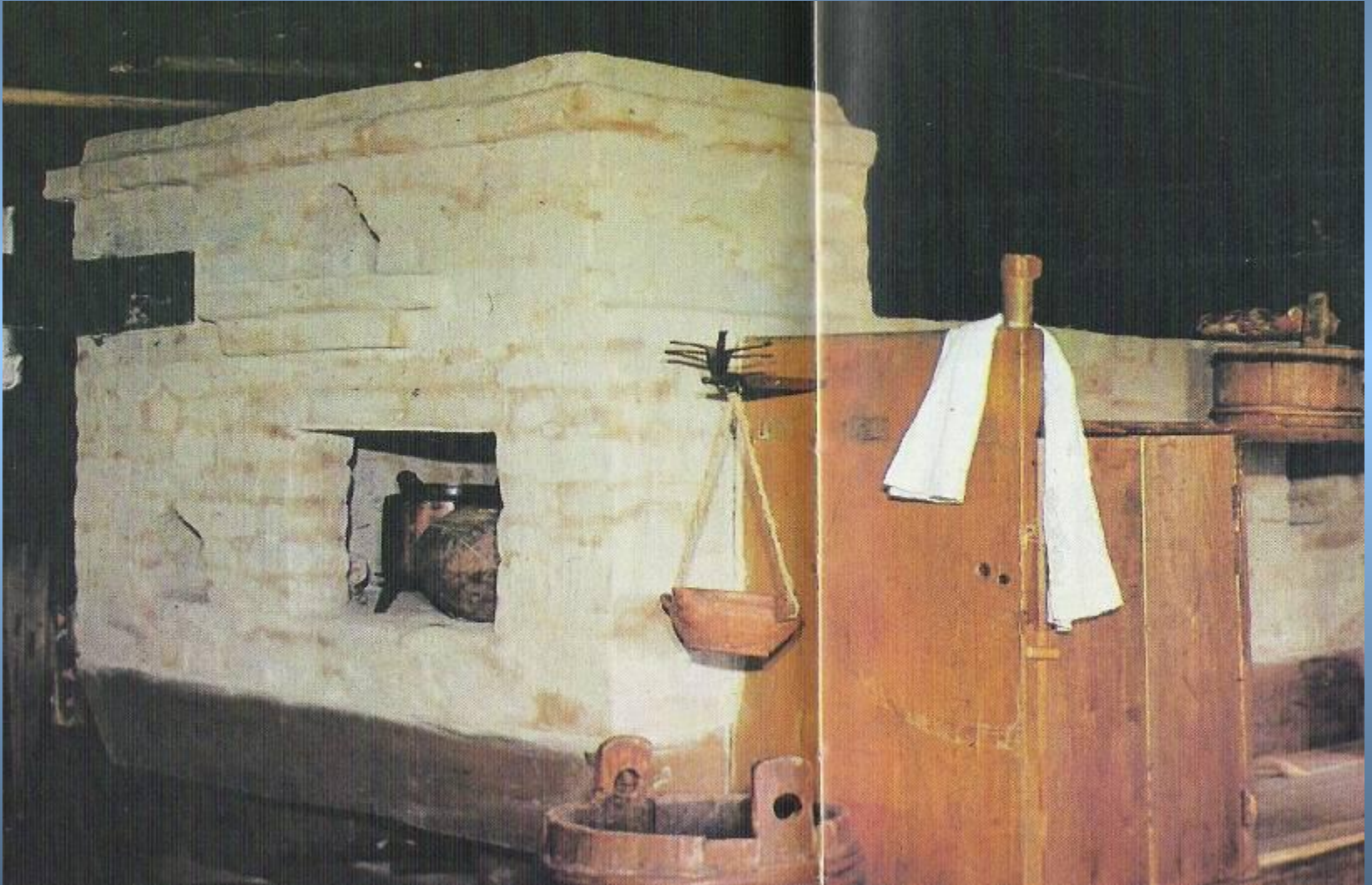




The Pomor Cuisine

In olden times meals in Pomorye were special, that's why we speak of a Northern Russian cuisine.

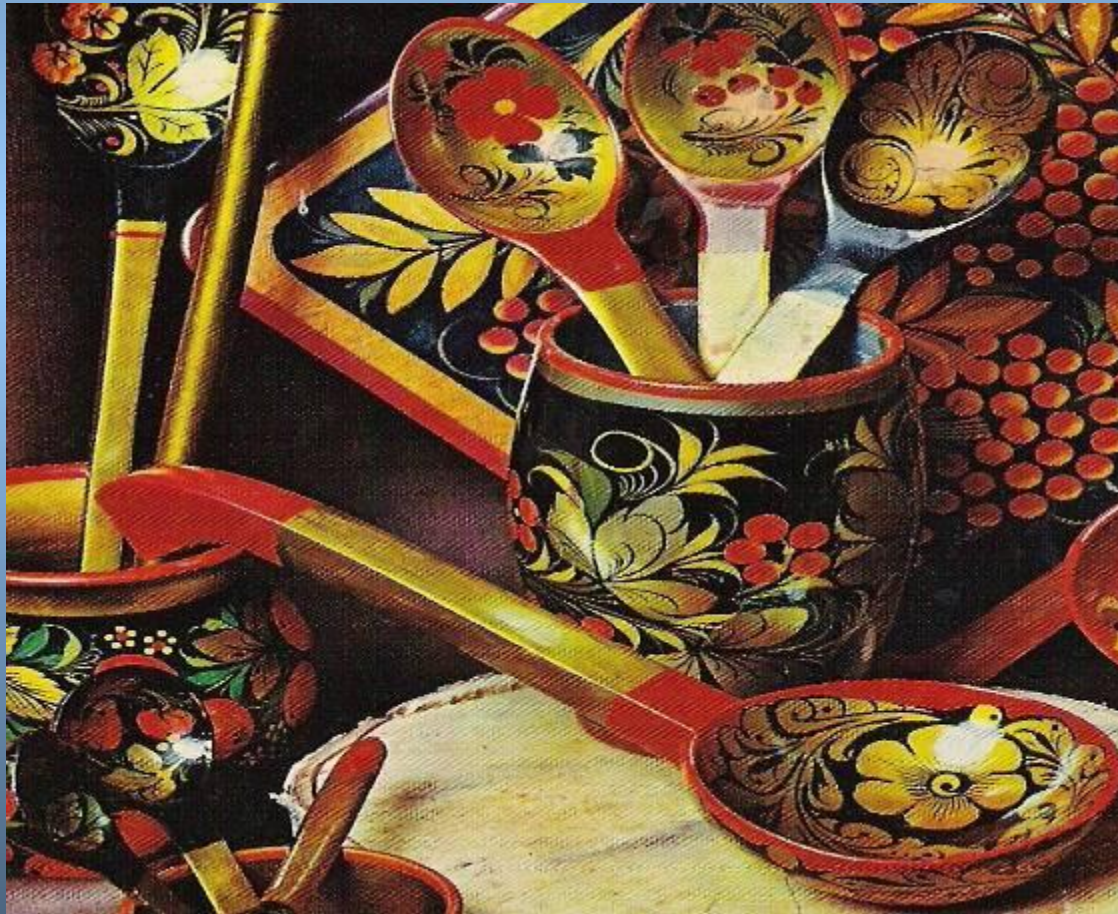
Russian stove was the centre of Pomor house.



Pomors had 4 meals a day: breakfast, dinner, midday meal and supper.

Every meal was a sort of a ritual.

Each member of the family sat on his place around a table with wooden bowls and spoons and a copper pot with soup.



The mother cut a round loaf of bread. She did it standing, so she showed respect for the bread.



Pomor cuisine was not rich, it was simple. Little meat, the normal diet was bread, fish, vegetables and kvass. Then came mushrooms and berries.

Fish was the Pomor's chief food. Ukha – a fish soup – was the most popular soup in Pomorye.



Vegetables, especially turnip, were popular too. Pomors cooked turnip soup, stewed, dried the turnip and ate it as a sweet. Other vegetables were cabbage, carrots, onions and garlic.



Potatoes
appeared in the
Russian North
in the 19th
century.



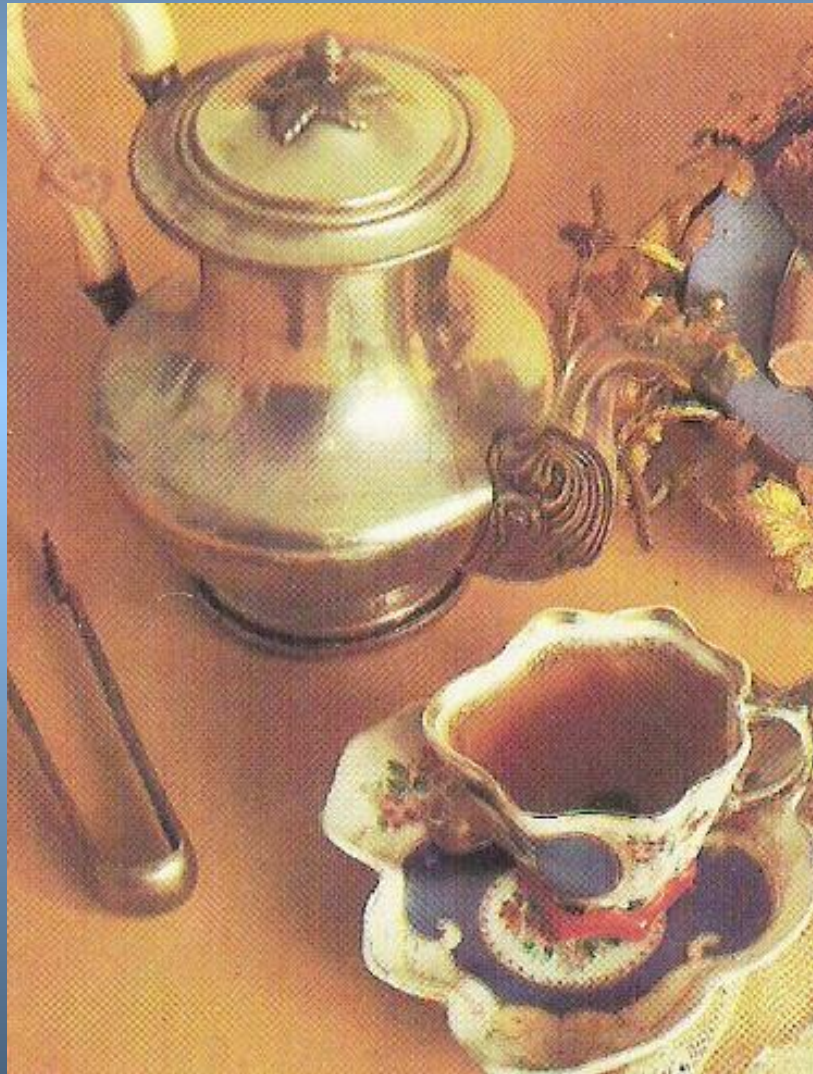
Porridge was favourite too.



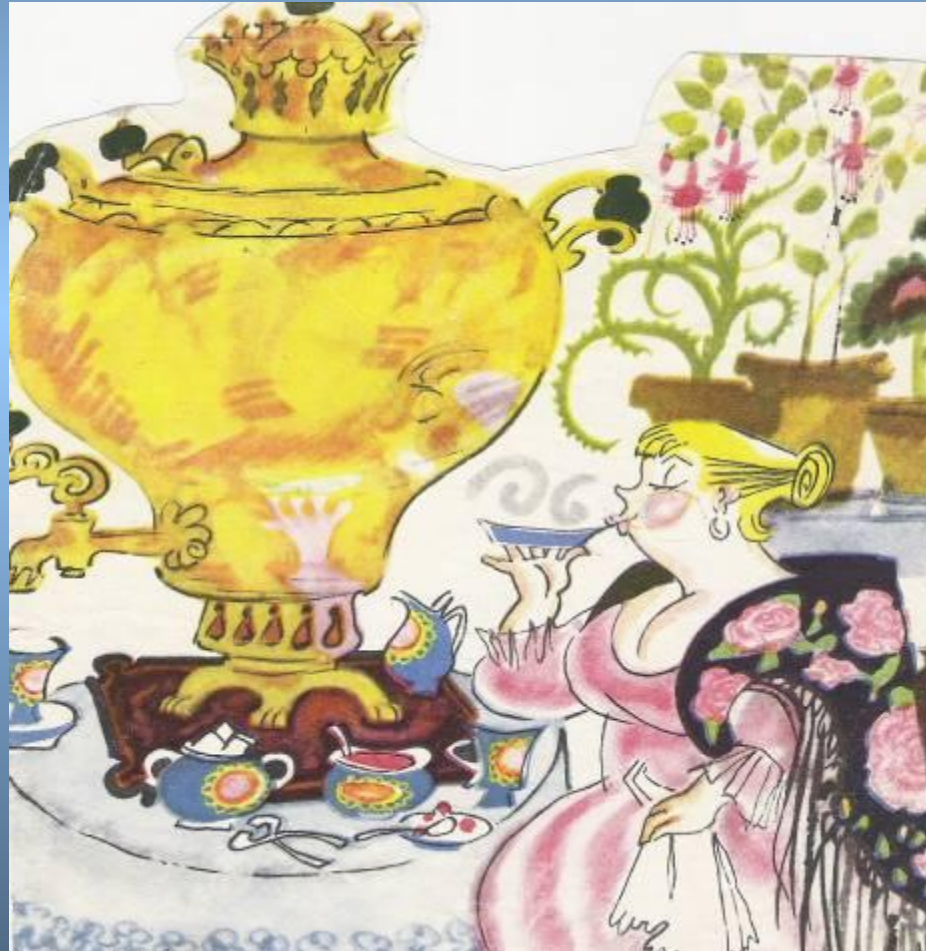
Most people
ate brown
bread, only rich
families ate
white bread.
Different pies
were festive
meal.



Tea came to Pomorye in the
19th century.



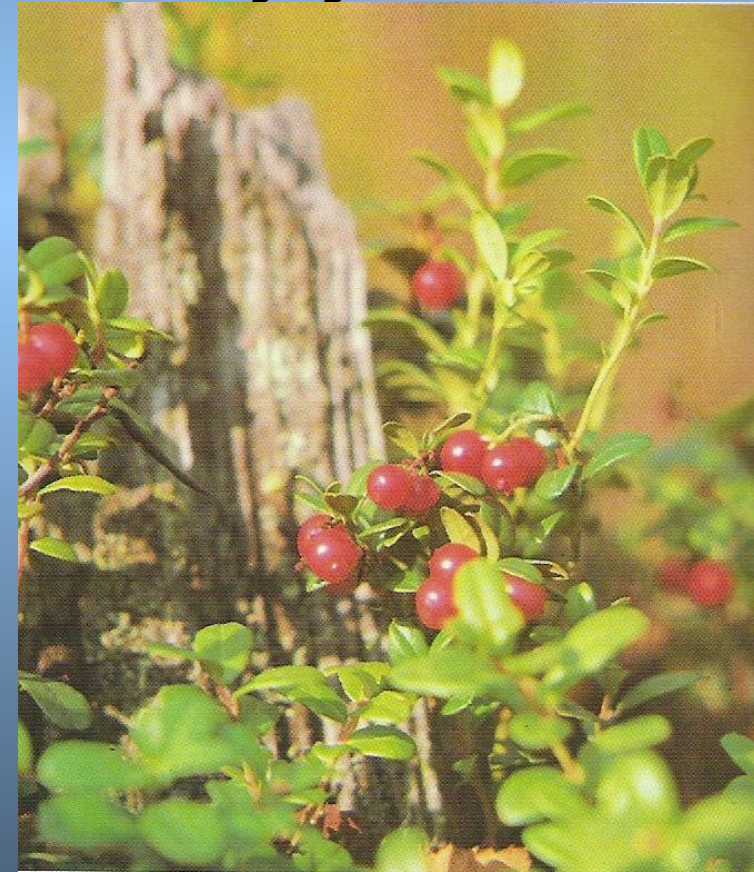
At the beginning of the 20th century
samovar became the symbol of
Russian hospitality.



Mushrooming was popular with women and children in summer.



Pomors picked up northern berries (cloudberries, cowberries, cranberries, bilberries) and made berry juice (mors) or berry jam.



Say in other words:

fish soup

porridge

fish pies

berry juice