

Murmansk construction college of N. E. Momot

# Russian cuisine

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Russian cuisine — traditional cuisine of the Russian people

## Plan:

- 1) Meat dishes
- 2) Desserts
- 3) Drinks
- 4) New Russian cuisine

# Meat dishes

In Russian cuisine different types of meat — pork, beef, mutton, poultry and all species of a game (a kabanyatina, moose meat, a wild duck, a hare) are used. The religious bans on the use of these or those types of meat are absent; it is necessary to abstain from meat food only in a post and fast days. Are widespread in Russian cuisine of a dish from the crushed meat — various kinds of cutlets, meatballs, sausages. For example, pozharsky cutlets, beef on-stroganovski, veal of "Eagles". The most widespread meat dish — boiled pork, the piece of pork entirely baked in an oven.



# Desserts

From desserts sweet flour products are known: kalatches, gingerbreads, also jam and honey.

Traditional dessert of Russian cuisine are fritters, baked apples and other baked fruit and berries. Specifically Russian types of sweets which are nowadays absolutely forgotten:

Vegetables (carrots and cucumbers) cooked in honey, but not on naked flame, and on a water bath. The ready-made product ("the Russian candied fruits") became transparent and kept a little elastic consistence.

Pounded berries (guelder-rose, mountain ash, raspberry) which are dried up in the heated furnace in the form of flat cakes — "fruit candy". Were used as zayedka to drinks, partly — as folk remedies against catarrhal diseases and avitaminosis.

The pieces of carrots or beet — "paryonka" which are dried up in the Russian furnace.

# Russian desserts



# Drinks

According to the expert in the field of cookery of the people of the USSR V. V. Pokhlyobkin, historical national drinks it is possible to call sbiten, kvass, honey, fruit drinks. By the 15th century in Russia there were more than 500 grades of kvass.



# New Russian cuisine

The last years Russian the chef and gastronomic journalists declare many need of evolution of traditional Russian cuisine – introduction at restaurants and on food productions of new dishes, culinary technologies and a know-how. Supporters of New Russian cuisine: Komm, Anatoly Anatolyevich, Dmitry Shurshakov, Igor Shurupov, Vladimir Mukhin, Andrey Ryvkin and others. Examples of dishes of New Russian cuisine: a lamb with kvass sauce, crayfish tail with caviar from vegetables, ice cream from the Borodino bread, borsch with foie gras of flambé.





Thank you for your attention