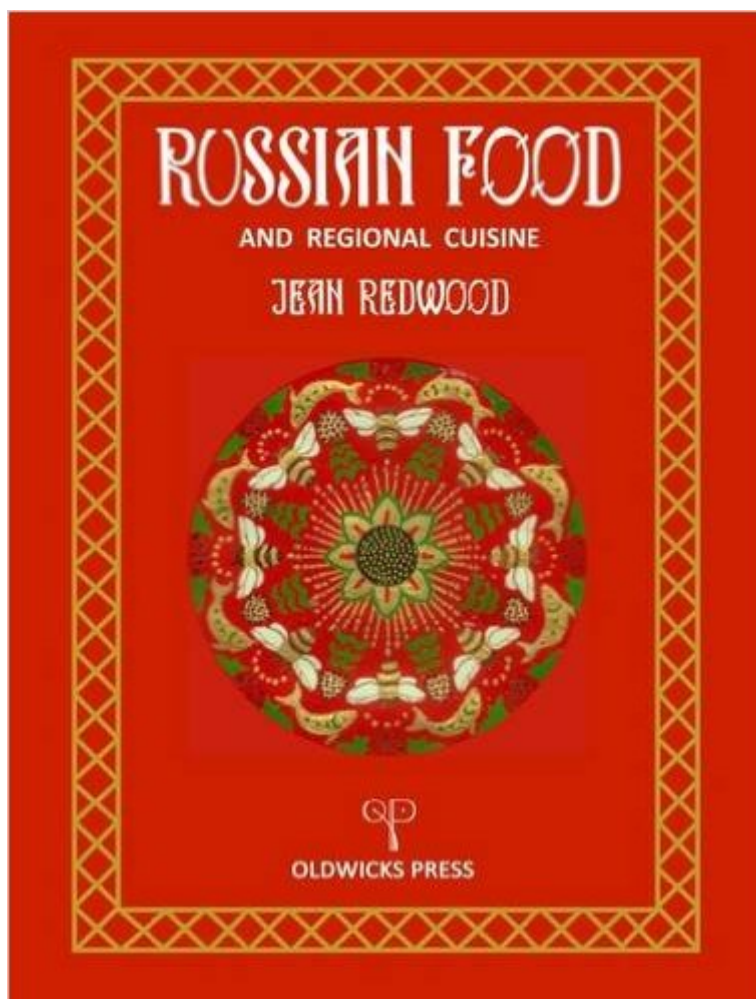


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Russian Food And Regional Cuisine



Synopsis

Reviews (1st edition) ...one of the most comprehensive books on Russian Food. - Michael Bateman, Independent on Sunday Recipes are presented clearly and methodically spiced by literary quotations - style is modest and pleasing. - Alan Davidson, Petit Propos Culinaires No.32 An attractive presentation of simple, basic Russian dishes. The book also contains an interesting chapter on Russian Breads. - Simple Cooking No.29 U.S.A, Supplement 'Mange Tout' - a lovely book. - review, 2012. This 2nd edition has been updated to reflect the extensive political changes since the Soviet era, but the recipes remain unchanged. RUSSIAN FOOD is delicious, wholesome and easily prepared from generally available ingredients. Many recipes are suitable for vegetarians or could be easily adapted. - JEAN REDWOOD's cookery book contains over 340 recipes in easy-to-use presentation, measured in grams and ounces. The book is enjoyable to read as well as to cook from. Russian literature provides much 'food for thought'. There is a complete 'food story' by Chekhov in the author's own translation. The geographical and historical background to cookery in different areas of the Russian Federation and surrounding countries is fully explained in all its splendid diversity. RUSSIAN FOOD is based on Jean Redwood's extensive first-hand knowledge of Russia and the Russian language. Contents Personal Preface and Introduction. 'Domestic mealtimes' - cultural influences, illustrated by Russian literature. 'The Siren' (Anton Chekhov) - a food related short story, translated by the author. RECIPES - a very extensive selection: over 340 in all ! 34 - Zakuski (hors d'oeuvres) 56 - Soups 66 - Fish, Meat & Poultry recipes 45 - Vegetable & Salad recipes 47 - Grain, Pasta, Pastry, Pies & Pancakes 26 - Puddings & Biscuits 30 - Bread & Cake recipes plus many others for Sauces, Marinades, Preserves and Beverages. Recipes suitable for young children or easily digestible are also covered. COUNTRIES: where they are, what they grow, what they eat, complete with maps As well as Russia, recipes come from :- Armenia Azerbaijan Baltic States Belarus Georgia Kazakhstan Moldova Tajikistan Tatarstan Republic (area of distinctive cuisine within Russian Federation) Turkmenistan Ukraine Uzbekistan Bibliography - Glossary - Index of recipes. Note: Photographs accompanying description (where displayed), show a selection of attractive and easily prepared dishes cooked from the book's recipes, but are not part of book.

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