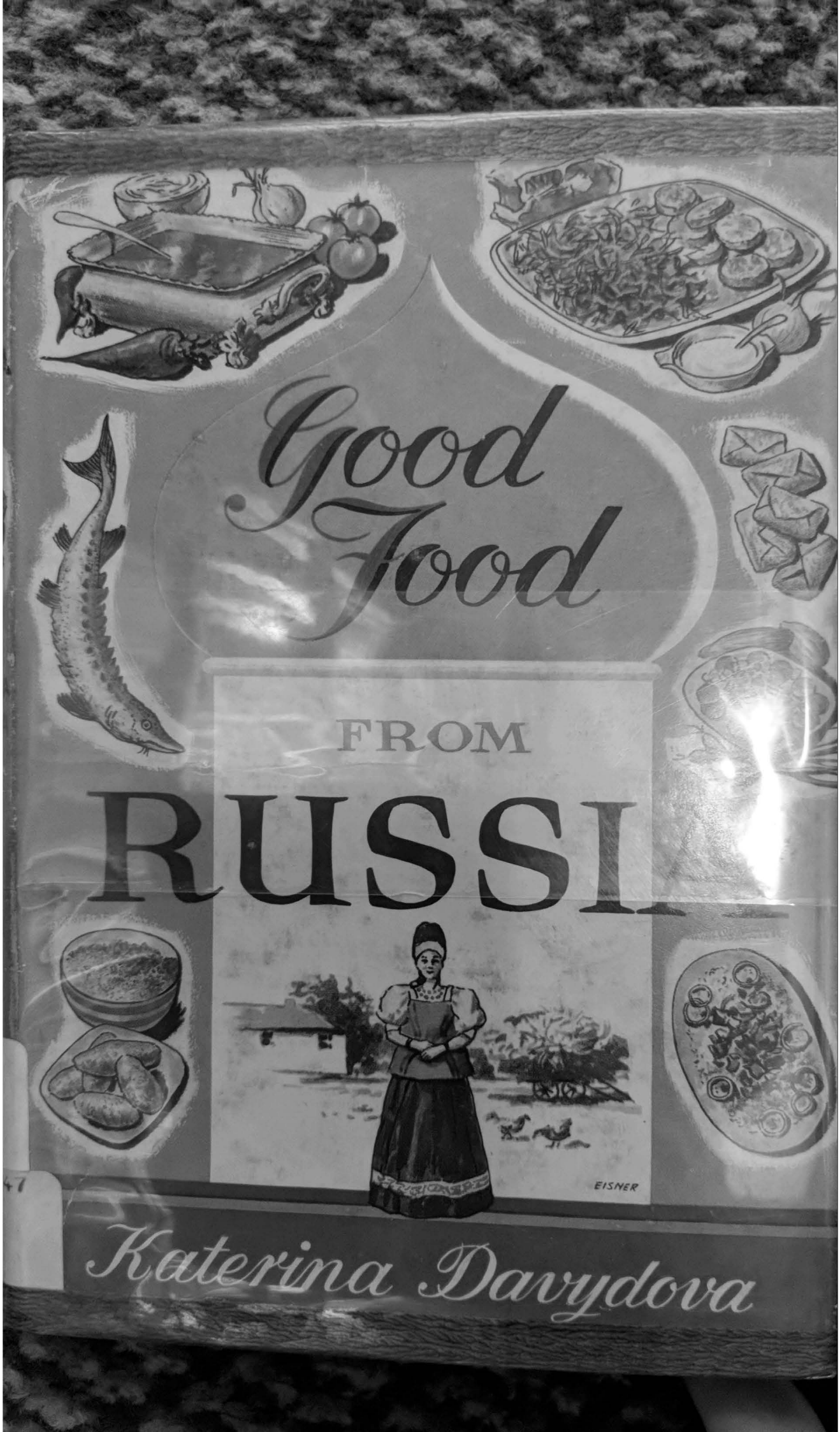

Good
Food
FROM
RUSSI
EISNER
Katerina Davydova

Use the stock for making sauce as follows:

Strain the stock and boil it for a minute or two with the flour mixed with a teaspoonful of butter. Remove from the heat and stir in the remainder of the butter.

Decorate the crayfish with chopped parsley and serve the sauce separately.

FISH STUFFED WITH BUCKWHEAT

1 whole fish weighing about 2 lb.
4 oz. buckwheat
2 hard-boiled eggs
1 cupful of smetana
1 onion
1 tablespoon flour
3 tablespoons butter
Salt

Cut off the head of the fish behind the gills, remove the insides and wash carefully. Dry with a cloth and sprinkle with salt. Stuff the fish with cooked buckwheat mixed with fried onion and chopped hard-boiled eggs. Roll in flour and fry lightly in butter and then put into a baking tin in the oven. After 5–6 minutes, take the fish out, pour smetana over it and put back for another 3–5 minutes, basting with the smetana sauce. The length of baking depends on the size of the fish.

Serve with onions, vegetables and Mocheny Apples (see p. 152).

FISH SOLYANKA

1¼ lb. fish
2¼ lb. fresh or pickled cabbage
2½ tablespoonsful of butter or pork dripping

2 tablespoonsful tomato purée
2 tablespoonsful toasted breadcrumbs
2 salted cucumbers
2 oz. capers
2 oz. olives
2 onions
1 tablespoonful sugar
1 tablespoonful flour
2 bay leaves
Salt

Cook the cabbage and chopped onions slowly in 2 tablespoonsful tomato purée, 2½ tablespoonsful butter or pork dripping, 1 tablespoonful sugar and 1 tablespoonful flour. Cut the fish into smallish pieces, salt and pepper them and put into a saucepan with the capers, the sliced cucumbers, onion and tomato purée, 2 bay leaves and a cupful of fish stock or water. Put the lid on the pan and cook for 15–20 minutes. Then add the flour mixed with a teaspoonful of butter, stir in carefully without breaking the fish and boil for 1–2 minutes. Put half the cabbage in a baking tin with the fish and the sauce on top, cover with the rest of the cabbage, press down flat, sprinkle with breadcrumbs and a little melted butter and put into the oven for 8–10 minutes. Before serving, arrange the olives around the solyanka. This dish can also be decorated with slices of lemon, pickled cherries, grapes, plums or cranberries.

FISH CAKES

1 lb. fish
3 oz. white bread
½ breakfastcupful of milk
3 tablespoons breadcrumbs for coating



TRIPE WITH BUCKWHEAT

1 lb. tripe or chitterlings
1 onion
1 breakfastcup boiled buckwheat
3 tablespoons butter
Salt and pepper

The tripe is first boiled, then minced, salted, peppered and fried in butter. Chop the onion and fry separately, then add it, together with the buckwheat, to the tripe. Mix altogether and fry for another three or four minutes.

GEORGIAN SOLYANKA

1 lb. meat
2 onions
2 salted cucumbers
2 tablespoonsful of tomato purée
¼ breakfastcupful of red wine
2–3 tablespoons butter
1 clove of garlic
Salt

In Georgia, lamb or mutton would be used for this dish, but beef will do.

Cut the meat into small pieces and fry in butter with chopped onions. Then put the fried meat into a shallow saucepan or a frying-pan with a lid, add the tomato purée, slices of salted cucumber, the chopped garlic clove, and salt. Pour in the wine and 2 or 3 tablespoonsful of meat stock and cook with the lid on for 30–40 minutes. Before serving, sprinkle with chopped green parsley.

MEAT WITH QUINCES

1 lb. beef (sirloin or ribs preferably)
1 lb. quinces

salt and ¼ cupful of water and make into a rather stiff dough. Roll thinly, cut into circles with a glass or cup, put a small ball of the meat on to each circle and pinch up the edges.

Drop the pilmeni into boiling salted water and cook for 10 minutes. Then strain off the water, pour over melted butter or smetana and serve at once.

Fried pilmeni are also very good. They should be first boiled for 2–3 minutes and then fried in butter.

STUFFED MARROW

½ lb. meat
2 small marrows
⅓ cup of cooked rice or millet
1 onion
1 tablespoonful of smetana
2 tablespoonsful of tomato purée
1 tablespoon flour
1 tablespoon butter

Prepare the stuffing as for golobtsy. Cut each marrow into 4 or 5 pieces, remove the soft centres and seeds and put them into a meat tin with a little fat. Fill the centres tightly with the stuffing so that it comes a little above the edges. Make a sauce by boiling the tomato purée, butter, smetana and a cupful of water with the flour mixed in it and pour this over the marrow. Bake for 30–40 minutes and sprinkle with dill before serving.

MEAT SOLYANKA

About 8 oz. of cooked, tinned, or sausage meat
2 lb. pickled cabbage
2 salted cucumbers (the small continental kind)

2 onions
3 tablespoonsful of tomato purée
1 tablespoon flour
1 tablespoon capers
2–3 tablespoons butter
1 bay leaf
Breadcrumbs
Vinegar
Sugar
Salt and pepper
2–3 tablespoonsful of stock

Chop the cabbage and put it into a saucepan with a tablespoonful of butter, half a cup of water or meat stock, cover and stew for 40 minutes. Then add one chopped and fried onion, the tomato purée, a little vinegar and sugar, the bay leaf, salt and pepper and cook for a further 10 minutes. When the cabbage is ready, stir in a roux made from the flour fried with the same quantity of butter, and bring to the boil. Meanwhile, slice the meat and fry it slightly with the other chopped onion, the sliced cucumbers, capers; add 2–3 tablespoonsful of stock, cover and boil for several minutes.

Put half of the cabbage in a meat tin, on it spread the meat mixture, cover with the rest of the cabbage, smooth it down, sprinkle with breadcrumbs, add a knob of butter, and put into the oven for 10–15 minutes. Decorate with olives, red bilberries or mountain cranberries.

SAUCES FOR MEAT DISHES

RED SAUCE

1 carrot
1 Hamburg parsley

1 tablespoon butter
1 bunch each of parsley and dill
Cinnamon
A clove
A bay leaf
Salt and pepper

Slice the mushrooms and fry them slightly; then put them into an oven dish, pour over boiled cream, add the parsley and dill (tied in a muslin bag), the cinnamon, clove, bay leaf, salt and pepper, and bake.

MUSHROOM SOLYANKA

1 lb. fresh mushrooms
1 cabbage weighing about 2 lb.
1 salted cucumber
1 onion
2 tablespoonsful of tomato purée
1–2 teaspoons sugar
2 tablespoons butter
1 bay leaf
Salt and pepper
Vinegar and breadcrumbs

Chop the cabbage and put it into a saucepan with the butter, a little water and vinegar and stew gently for about an hour. Fifteen to twenty minutes before the end, add the tomato purée, the sliced cucumber, sugar, salt, pepper and a bay leaf. In the meantime, clean and wash the mushrooms and put them into boiling water for 10–15 minutes. Then slice them, fry them lightly in butter and set them aside, while you fry the onion. Spread half of the stewed cabbage in an oven dish, on top put the mixed mushrooms and onion and cover with the rest of the cabbage. Sprinkle with bread-

crumbs, add a few knobs of butter and bake. Slices of lemon or olives may be used for garnishing.

Sauerkraut may be used for this solyanka, in which case leave out the vinegar. Or you may use salted or dried mushrooms instead of fresh ones.

SAUCES FOR VEGETABLE DISHES

SMETANA SAUCE

This is similar to the sauce given in the Meat Section, except that a whole cupful of smetana is used instead of half a cup of smetana, and half of vegetable stock, instead of a whole cup.

MUSHROOM SAUCE

This is a very typical Russian sauce and goes with most vegetable dishes, particularly zapekanka.

2 oz. dried mushrooms
1 tablespoon flour
1 onion
2 tablespoons butter
Salt

Wash the mushrooms in warm water and then soak them in 3 breakfastcupsful of water for 2–3 hours. Next cook them in this water without adding any salt. Make a roux with the flour and the same amount of butter and when it is light brown in colour pour in two cupfuls of mushroom stock and cook slowly for 15–20 minutes. Chop the onion and fry it in the rest of the butter, add the chopped mushrooms and fry again slightly. Then add these to the sauce, with salt to taste and bring to the boil.

MIXED MEAT SOLYANKA

"Solyanka" comes from the Russian word for salt, and the small, salted cucumbers are an essential ingredient.

½ lb. cold cooked meats; e.g. sausages, ham, veal, tinned meat, etc.
Stock
4 salted cucumbers
2 onions
2 tablespoonsful of tomato purée
3 tablespoons butter
1 tablespoon olives
1 tablespoon capers
¼ pint smetana
¼ of a lemon
Salt, pepper, a bay leaf
Finely chopped parsley or dill

Chop the onions and fry them slightly in butter, then add the tomato purée and a little stock and cook for about 10 minutes. Peel and chop up the cucumbers and add them, together with the meat thinly sliced, the capers, salt, pepper, the bay leaf and the rest of the stock. Slices of tomato may also be added, if desired. Cook for a further 5–10 minutes.

Before serving add the olives, the smetana, slices of peeled lemon, finely chopped parsley or dill.

Solyanka can also be made with fish instead of meat. In which case allow 2 or 3 fillets of fish per person and leave out the smetana.

SHURPA (an Uzbek soup)

1 lb. beef (for stock)
1½ lb. sliced potatoes
2 onions