Alla Sacharow

CLASSIC RUSSIAN CUISINE

A Magnificent Selection of
More Than 400 Traditional Recipes



4 stalks celery, cut in small pieces
1 medium onion, finely chopped
1 bunch parsley
1 bunch tarragon
1 bunch dill
salt, pepper
bay leaf
I½ quarts water
1 cup heavy cream
2 egg whites

¾ pound canned crayfish meat
1 tablespoon crayfish butter
1 bunch dill, chopped

Prepare a hearty fish broth using fish heads and bones, root vegetables, celery, onion, herbs, seasoning, and water. Strain.

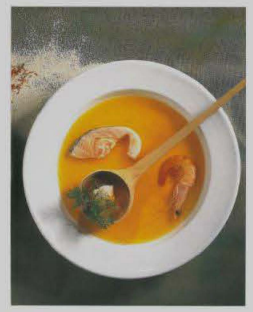
Puree perch fillets with cream, egg whites, and a little salt in food processor. Form little dumplings using two spoons repeatedly dipped in cold water. Simmer in fish broth about 8—10 minutes.

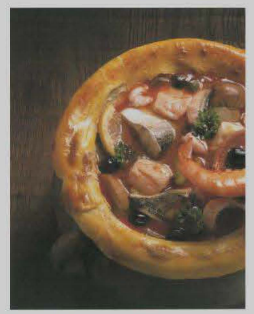
Add crayfish to soup and reheat. Garnish with crayfish butter (see recipe, page 154) and dill before serving.

Variation as shown in picture on the right: Prepare fish broth as described above. Strain. Cut perch fillets into thin slices. Dissolve ½ teaspoon saffron in 1 tablespoon vodka and add to broth. Add sliced fish fillets to saffron-flavored broth. You may, instead of crayfish, add the same amount of fresh shrimp. Simmer about 10 minutes.

Serve this soup with Rastegai (see recipe, page 218).









Solyanka with Fish and Cabbag

SOLYANKA RYBNAYA S KAPUSTOY

Serves 4

1½ quarts water
1 pound carp or freshwater roach, etc.
heads and bones of 2 salmon
1 bunch parsley root, peeled and sliced
bunch celery, chopped
6 carrots, sliced
salt, pepper
2 bay leaves
1 medium onion, chopped
4 tablespoons butter
2 tablespoons flour
½ pound sauerkraut or white cabbage
½ pound sturgeon
½ pound perch
½ pound salmon
10 Kalamata olives, pitted
10 white mushrooms or ½ pound wild mushrooms
2 pickled cucumbers, peeled and diced
¼ pound fresh shrimp, peeled, deveined, and diced
½ cup pickle brine
3 tablespoons sour cream or heavy cream
1 bunch dill, chopped
1 bunch parsley, chopped

Prepare stock using water and the carp or other small fish, salmon heads and bones, soup vegetables, salt, pepper, and bay leaves. Strain.

Sauté onion in butter. Dust with flour and brown lightly. Stir into the broth. Return to a boil and strain again.

Blanch the sauerkraut or cabbage. Drain. Braise in remaining butter and a small amount of the broth. Cut sturgeon, perch, and salmon into pieces. Slice olives and mushrooms. Add all of these ingredients, together with cucumbers and shrimp, to the broth. Return to boil. Season with pickle brine. Simmer over low heat until done.

Serve with a dollop of sour cream or heavy cream, dill, and parsley.

For a more intense flavor the soup pot can be covered with a pastry crust and baked in a 350°F oven for 25 minutes, which makes it es-

pecially decorative.

Solyanka with Assorted Meats

SOLYANKA SBORNAYA MYASNAYA

Serves 4

1—2 medium onions, chopped
4 tablespoons butter
¼ pound pickled cucumbers, peeled
3 tablespoons tomato paste
salt
peppercorns
bay leaf
2 tablespoons capers
¾ cup Kalamata olives, pitted
½ pound boiled or roasted beef, veal, or lamb
½ pound roasted calf's or beef kidneys
¼ pound cooked ham
¼ pound small sausages
1½ quarts meat stock
⅓ cup sour cream
1 lemon, peeled and sliced
1 bunch parsley, chopped
1 bunch dill, chopped

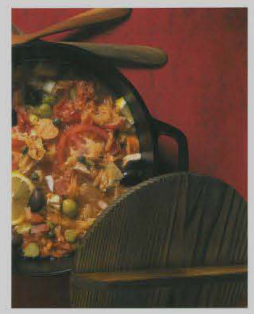
Lightly sauté onions in butter. Cut cucumbers into diamond shapes. Add to the onions along with the tomato paste and braise about 5 minutes. Season with salt, peppercorns, bay leaf, capers, and half the olives.

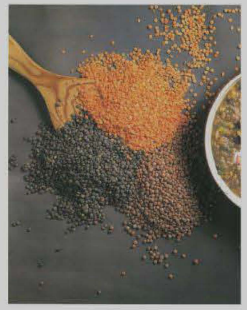
Slice meat, kidneys, ham, and sausages thinly. Add to onions. Cover with stock and simmer for 10 minutes over low heat.

Season soup to taste with salt and pepper and serve each portion with sour cream, the remaining olives, peeled lemon slices, and herbs.

This solyanka is excellent with leftovers. It can also be prepared with roasted or boiled poultry, venison, pickled tongue, etc.









Cream of Lentil Soup

SUP PYURE IZ CHECHEVITSY

Serves 4

1¾ pounds stewing beef
½ pound ham
1 bunch parsley
salt, pepper
¾ pound lentils
1 carrot, sliced
1 medium onion, chopped
2 tablespoons bread crumbs
2 egg yolks
½ cup heavy cream
1 bunch dill, chopped

Put beef, ham, parsley, salt, and pepper in a kettle, and cover with water. Bring to a boil. Reduce heat and simmer for 1 hour, adding water as needed. Drain.

Dice ham. Reserve beef for another meal.

Rinse lentils, strain, and transfer to a pot along with carrot, onion, and bread crumbs. Season with salt and pepper. Cover with water and bring to a boil. Skim and cover pot. Cook until lentils are tender, about 30 minutes.

Press lentils through a sieve or puree in food processor or blender. Reheat the puree and add the meat broth. Stir well and simmer until thick.

Blend egg yolks and cream, add to soup. Heat, but do not allow to boil again.

Add diced ham and dill and serve.

Botvinya with Fish

BOTVINYA IZ RYBY

Serves 4

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1 pound spinach
1 pound sorrel