The RUSSIAN Heritage COOKBOOK



a culinary tradition preserved in 360 authentic recipes

LYNN VISSON

mixed solianka

KHAZANOV

Other kinds of sausages or leftover meats can be substituted for those suggested

9 cups water
1½ lbs. beef (chuck or flanken)
1 smoked pork hock
2 large onions, peeled
4 medium carrots, peeled and sliced
2 ribs celery, chopped
3 Tbsp. tomato paste
¼ lb. ham, shredded
3 frankfurters
¼ lb. salami
¼ lb. liver (beef or calf), diced
1 veal or 2 lamb kidneys, diced
2 Tbsp. diced salt pork
2 Tbsp. vegetable oil
2 Tbsp. butter
1 tsp. capers
4 dill pickles, chopped
1 bay leaf
5 black olives, pitted and chopped
1 Tbsp. chopped parsley
1 Tbsp. chopped dill
Salt and pepper
1 lemon, sliced

Put beef and pork hock in 9 cups water, bring to a boil, pour out water, refill with fresh water and bring back to a boil. Add 1 tsp. salt, pinch pepper, 1 onion, quartered, 2 sliced carrots and 1 rib celery. Simmer 1½ hours. Strain broth and skim fat. Add remaining carrots and celery to broth. Simmer for 10 minutes. In oil and butter lightly fry the remaining onion, finely chopped. Add the tomato paste and ham, sliced frankfurters, chopped salami, liver, kidneys and diced salt pork. Simmer for 5–8 minutes and add to soup. Add capers, pickles, bay leaf and a pinch of pepper and simmer 20 minutes. Ten minutes before serving sprinkle in olives, parsley and dill. Taste for seasoning and add salt and pepper as needed. Float a thin lemon slice in each portion and serve sour cream on the side. *Serves 6–8.*

Clean liver, cut in small pieces and fry in 4 Tbsp. butter along with the onion, parsley and carrot. Add 1½ cups stock, cover, and simmer 25 minutes. Strain stock; puree liver in food processor or grind very fine. Melt 2 Tbsp. butter, whisk in flour, and stir to make a roux. Pour in the strained stock from the liver and cook till thick, stirring. Add the rest of the stock, the liver and salt and pepper to taste. Simmer 5 minutes. *Serves 4–5.*

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This clear fish soup is still very popular in Russia

8 cups water
1 lb. fish heads, tails, and trimmings
1 lb. fresh fish such as halibut or cod
2 medium onions, peeled and thinly sliced
Salt and pepper
1 bay leaf
2 large potatoes, peeled and cut in bite-sized pieces
2 Tbsp. chopped parsley
1 Tbsp. butter
2 Tbsp. chopped dill
1 lemon, thinly sliced

Boil the fish trimmings in water with 1 onion, salt, and pepper for 30–40 minutes. Strain. Stir in remaining onion, bay leaf, potatoes and 1 Tbsp. parsley; simmer for 15–20 minutes. Gently lower in fresh fish, cut into serving pieces, and simmer for 8–10 minutes. Add butter, remaining parsley and dill. In each plate put 2 or 3 thin slices of lemon. *Serves 6.*

fish solianka

Almost any fresh fish can go into this broth

8 cups water
1 lb. fish trimmings
2 medium onions, peeled
1 large carrot, peeled and sliced
2 Tbsp. chopped parsley
Salt and pepper
1 Tbsp. butter
1 8½-oz. can tomatoes
1 lb. fresh fish, cut into 1-inch chunks
4 kosher dill pickles, chopped
½ cup pickle juice

1 Tbsp. capers
1 bay leaf
1 Tbsp. minced dill
1 lemon, thinly sliced
¼ lb. black olives, pitted and sliced

Boil fish trimmings in water with 1 coarsely sliced onion, carrot, parsley, salt and pepper. Simmer for 35 minutes; strain, discarding trimmings and vegetables and reserving broth. Brown remaining onion, peeled and chopped, in butter. Add tomatoes and simmer, then stir in fish, pickles, and pickle juice, capers, bay leaf, and pepper. Add stock and salt to taste, and simmer for 15 minutes. Just before serving, sprinkle with minced dill and put a few thin slices of lemon and olives in each soup plate. *Serves 6.*

vegetable puree

2 large carrots, peeled and coarsely sliced
2 medium potatoes, peeled and quartered
2 medium turnips, peeled and quartered
5 oz. frozen peas (½ of 10-oz. package)
1 tsp. salt
4 cups water

Bring water to a boil and put in vegetables and salt. Bring back to a boil and simmer on low heat, partially covered, for 35 minutes. Puree in blender. If too thick, thin out with a few tablespoons of water. Check seasoning and add salt to taste. *Serves 4.*

lentil soup

A more traditional version of this staple dish

8 cups water
1 smoked pork hock
½ lb. lentils
5 large carrots, peeled and sliced
2 Tbsp. minced parsley
1 turnip, peeled and chopped
1 medium onion, peeled and chopped
2 Tbsp. butter
1 Tbsp. flour
1 cup milk
Salt and pepper