THE COMPLETE RUSSIAN COOKBOOK

Preface by BARBARA NORMAN
Introduced and Compiled by
LYNN VISSON

R 641.5947 V834

COPY 1

Ardis Ann Arbor

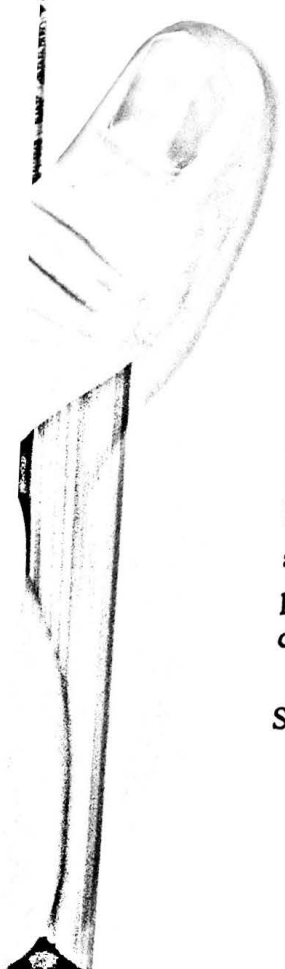
OCT 17 1984

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 onions
4 carrots
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 olives, pitted and chopped
1 Tbsp. parsley, chopped
1 Tbsp. chopped dill
Salt and pepper
1 lemon, sliced



Put beef and pork hock in 9 cups water, bring to boil, pour out water, refill with fresh water and bring back to 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 mixed tomato paste, oil and butter lightly fry one onion finely chopped, 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.

Boil the fish trimmings in water with 1 onion, salt, and pepper for 30-40 minutes. Strain. Add remaining onion, bay leaf, potatoes and 1 Tbsp. parsley; simmer for 15-20 minutes. Add fresh fish, cut into serving pieces, and simmer for 8-10 minutes. Add butter, remaining parsley and dill. In each plate put two or three 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 onions
1 carrot, sliced
2 Tbsp. chopped parsley
Salt and pepper
1 Tbsp. butter
1 8½-oz. can tomatoes
1 lb. fresh fish
4 kosher dill pickles, chopped
½ cup pickle juice
1 Tbsp. capers
1 bay leaf
Dill
1 lemon, thinly sliced
¼ lb. black olives, pitted and sliced

Boil fish trimmings in water with one coarsely sliced onion, carrot, parsley, salt and pepper. Simmer for 35 minutes; strain, discarding trimmings and vegetables and reserving broth. Brown remaining onion, chopped, in butter. Add tomatoes and simmer. Add 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 plate.

Serves 6.