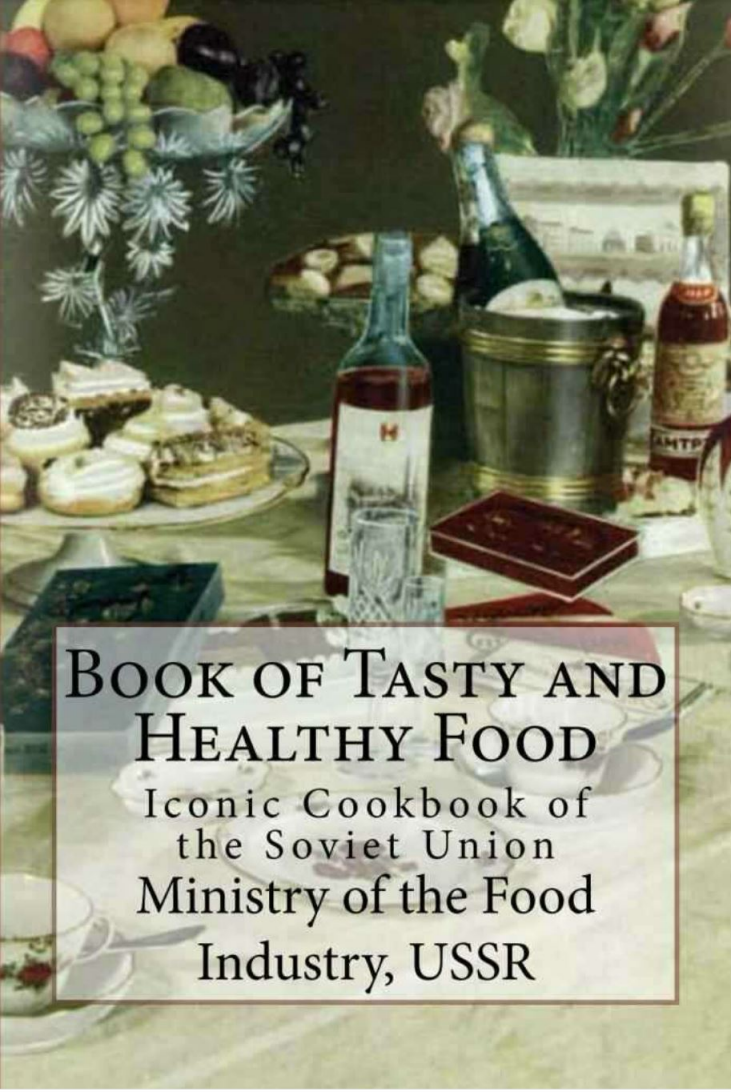
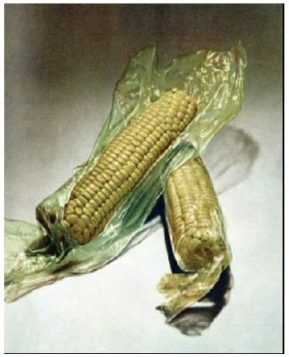


Book of Tasty and Healthy Food

Iconic Cookbook of the Soviet Union

Ministry of the Food Industry, USSR





Bean and Noodle Soup

Ingredients:
1 1/2 cup dried beans
1 onion
100 g noodles
2 tbsp butter

Soak washed bean for 3-4 hours in cold water. Drain beans, add 2 1/2 l of stock or cold water and cook until done. Add onion sautéed in butter, noodles, and season with salt and pepper. Cook for 20 more minutes. Top with chopped herbs before serving.

Red Bean Soup

Ingredients:
1 1/2 cup red beans
1-2 onions
50 g walnuts
1/2 tbsp flour
2 tbsp butter
red pepper as needed

Wash the beans, put in the pot, pour 2 l of water, add 1 teaspoon of salt, cover with lid and bring to boil. Once water boils, remove the foam and simmer for 1 to 1 1/2 hours. Separately fry finely chopped onions, towards the end of frying add red peppers and flour, mix everything and fry for another 1-2 minutes. After this put onions into boiled beans, add grated or finely chopped walnuts, salt and boil for 15-20 minutes.

When serving, add some finely chopped parsley into the soup.

Assembled Meat Solyanka

Ingredients:
500 g meat (for stock)
300 g boiled or fried meat products
4 pickles
2 onions
2 tbsp tomato puree
3 tbsp butter
1 tbsp olives
1 tbsp capers
100 g sour cream
1/4 lemon

Shred onions, fry them a little and braise them with tomatoes and butter, adding some stock. Peel cucumbers, cut into halves and slice. Meat products (boiled and fried) used can be of many varieties: meat, ham, veal, kidneys, tongue, hot dogs, sausage, etc. Cut them into thin slices, out into a pan with prepared onions, add cucumbers, capers, salt, bay leaf, add stock and boil for 5-10 minutes. You can also add sliced tomatoes.

When serving solyanka, add sour cream, olives, lemon slices, finely chopped parsley or dill.

Fish Solyanka

Ingredients:
500 g fish
4-5 pickles
1-2 onions
2-3 tomatoes or 2 tbsp tomato paste
1 tbsp capers
1 tbsp olives
2 tbsp butter

Any fish can be used to cook solyanka, preferably not too small and not too bony. Sturgeon or salmon are the best for this soup.

Cut fish fillets into pieces, about 2-3 per serving, make fish stock from heads and bones.

Thinly slice peeled and washed onions and sauté in butter in a soup pan. Add tomato paste and braise 5-6 minutes. Add fish, sliced pickles, sliced tomatoes, capers, bay leaf, cover with hot fish stock, season with salt and pepper and cook 10-15 minutes. Just before serving add olives and finely chopped dill or parsley leaves. Decorate with peeled lemon slices.



Lamb Chihirtma

Ingredients:
500 g lamb
2 onions
2 eggs, separated
1 tbsp butter
1 tbsp flour
2 tbsp white wine vinegar
1/2 tsp saffron

Wash lamb with cold water and cut into small pieces (about 3-4 pieces per serving), put into a stock pot filled with cold water, bring to boil over high heat and then simmer, removing foam and scum. Remove cooked lamb from the pot and strain the broth.

Sauté finely diced onion in butter until

bring sour cream to simmer in a small pan, add 1 tsp of flour mixed with 1 tsp of butter, cook for 1-2 minutes stirring all the time. Season with salt.

Sprinkle grated cheese on top of the fish covered with sauce, pour melted butter and put into a preheated oven to brown on top. Sprinkle with finely chopped parsley leaves just before serving.

Use sturgeon, sterlet, walleye, carp, pike, or other fish in this recipe.

Canned Fish in Sour Cream with Potatoes

Ingredients:
1 can (350 g) fish
800 g potatoes
2/3 cup sour cream
1 tsp flour
1 tbsp grated cheese
2 eggs
200 g mushrooms
3 tbsp butter

Take fish out of the can, cut into serving pieces and put into a skillet. Put slices of potatoes fried in butter around the fish. Put slices of hardboiled eggs and fried mushrooms on top of the fish. Pour the sauce over everything. To make sauce combine sour cream with liquid from the can in a pot and bring to boil and add flour mixed with 1 tsp of butter. Let boil for 1-2 minutes stirring all the time, season with salt. Sprinkle grated cheese and melted butter on top of the fish with sauce and bake in preheated oven 10-15 minutes. Add finely chopped parsley leaves before serving. Serve with cucumbers on a side.

Fish Stuffed with Buckwheat

Ingredients:
750 g fish (carp)
100 g buckwheat
2 eggs
1 cup sour cream
1 onion
1 tbsp flour
3 tbsp butter

Scale whole fish, cut head around fins and take innards out without cutting its belly. Wash well inside and wipe with towel, stuff with buckwheat mixed with caramelized onions and chopped hardboiled eggs. Season fish outside with pepper, coat with flour and sear in butter in a frying pan, and put into a preheated oven. After 5-6 minutes take pan out, pour (ed. note - Soviet sour cream frequently had pourable consistency) sour cream over fish and return to oven for 3-5 minutes, basting frequently with pan juices. Total time of baking depends on the baking temperature and size of the fish.

Serve the fish in the pan it was cooking in, or move carefully to a warm serving plate together with pan sauce. Serve with cucumbers, vegetable or fruit salads, or pickled apples.

Fish Solyanka in a Skillet

Ingredients:
500 g fish fillet
1 kg white cabbage or sauerkraut
2 tbsp butter
2 tbsp tomato paste
2 tbsp breadcrumbs
2 pickles
50 g capers
50 g olives
2 onions

For cabbage:
2 tbsp tomato paste
2 1/2 tbsp butter or lard
1 onion
1 tbsp sugar
1 tbsp flour

Braise green cabbage or sauerkraut. prepared fish (sturgeon, sterlet) cut into pieces of 40-50g, put into a pit, season with salt and pepper, add capers, peeled and deseeded and diced pickles, tomato paste, slightly browned in butter diced onions, cup of fish stock (or water), 2 bay leaves, cover the pot , bring to boil and cook 15-20 minutes.

To the pot with fish add flour mixed with 1 tsp of butter, and cook stirring for 1-2 minutes. Make sure not to break fish when stirring. Put one third of braised cabbage on the bottom of a skillet, level it, put fish with garnish from the pan and pour all the sauce from pan over the fish, cover with remaining cabbage, level it and sprinkle with breadcrumbs and melted butter. Bake in a preheated oven for 8-10 minutes.

Just before serving, put olives on top of solyanka. Decorate with slices of lemon, pickled cherries, grapes, plums, or cranberries, and parsley sprigs.

CRAYFISH AND CRABS

Crayfish

Ingredients:
10 crayfish
1 carrot
1 onion
1 small bunch parsley
1 bunch dill
1 tbsp salt

Put washed crayfish into a pot, add peeled and sliced carrots, onion, chopped parsley leaves, dill, bay leaf, salt, and 4-5 cups boiled water and cook 10 minutes.

Serve crayfish in the pot with broth or put them in deep bowl and pour broth with roots over.

Canned Crayfish Tails with Potatoes

Ingredients:
1 can (340 g) crayfish tails in tomato sauce
800 g potatoes
2 tbsp butter

Open the can, put crayfish tails together with sauce into a pan and heat. Separately in salted water boil peeled potatoes, each cut into

half hour. When serving, sprinkle with finely chopped parsley or dill.

Separately serve cucumbers, green salad or tomato salad.

Beef Goulash

Ingredients:
500 g boneless meat
1 kg potatoes
2 onions
1 tbsp flour
3 tbsp tomato paste
3 tbsp butter

Wash meat (rump, sirloin, chuck), cut it into cubes, season with salt, pepper, and brown in oil in a skillet. When meat is browned, add diced onions, sprinkle meat with flour, and fry everything together. Put contents of the skillet into a pot, add 2-3 cups of stock or water, add tomato paste, 2-3 bay leaves, cover the pot and braise 1-1 1/2 hours. Serve goulash with fried or boiled potatoes, sprinkled with finely chopped dill or parsley leaves.

Georgian-Style Solyanka

Ingredients:
400-500 g boneless meat
2 onions
2 pickles
2 tbsp tomato paste
1/4 cup dry red wine
2-3 tbsp oil

Wash meat (sirloin, ribeye or rump), remove sinews, cut into small pieces, add diced onions and brown everything in oil in a heated skillet.

Put browned meat into a shallow pot, add tomato paste, peeled and diced pickles, a clove of garlic, season with salt, pour in wine, 2-3 cups of beef stock, cover the pot and braise meat 30-40 minutes.

Sprinkle with finely chopped parsley leaves before serving.

Meat with Quince

Ingredients:
400 g boneless meat
400 g quince
1 onion
2 tbsp butter

Wash meat (sirloin, rump, top round roast), cut into small pieces (3-4 pieces per serving), put in shallow pan and fry in heated butter.

Pour over with water just so it covers the meat and braise for about an hour.

Slice quince, peel and remove insides, put in pan with meat, add fried onions, salt, pepper and continue braising until meat is fully ready.

When serving, put meat with quince on a heated plate and sprinkle with parsley or dill.

Veal Zrazi (Stuffed Veal Roll)

Ingredients:
500 g boneless veal
1 onion
100 g stale crustless white bread
1/2 cup milk
3 tbsp butter or oil
1 cup meat stock
2 tbsp tomato paste

Cut veal into thin, palm-sized slices, and pound them carefully. Prepare stuffing - dice onion and brown it in oil, soak bread in milk, squeeze extra liquid, and mix with onions, season with salt and pepper, and lightly fry on low heat. Put 1 tbsp of stuffing on each slice of meat and roll up each slice to enclose the filling, tie rolls with a string and season with salt. Sear each roll in a hot skillet on all sides until nicely browned, then lower the heat, add 1 cup of meat stock, 2 tbsp tomato paste, and braise 40-50 minutes. Just before serving remove strings and pour cooking liquid over rolls. Serve with spicy tomato sauce on a side.

Lamb Ragout

Ingredients:
500 g lamb
600 g potatoes
2 carrots
1 parsnip
1 turnip
1 onion
2 tbsp tomato paste
2 tbsp oil

Wash lamb (breast or shoulder), remove marrow bones, chop into pieces, season with salt and brown in a skillet. Just before the end of browning sprinkle meat with 1 tbsp of flour. Put browned lamb into a pot, add tomato paste, 2-3 cups hot stock or water, cover the pot, and braise on low heat. Put lamb into a shallow pan after 1 1/2 - 2 hours (40 - 50 minutes for young lamb) of braising, add washed, peeled, sliced, and lightly fried vegetables - carrots, parsnip, onion, parsnip, and potatoes. Add 1-2 bay leaves, 6-8 black peppercorns, and strained lamb cooking liquid, and braise for another 30 minutes. Put finished ragout on a serving plate and sprinkle with finely chopped dill or parsley leaves.



Lamb Braised with Vegetables

Ingredients:
500 g lamb
600 g potatoes
2 carrots
1 onion
1 turnip
200 g white cabbage

Wash lamb and cut into small pieces. Put meat into a pot and add 2-3 cups of hot water. Cover the pot and bring to boil. Add 2-3 potatoes to the pot when water comes to boil, season with salt, lower the heat and cook for 1 hour. Move

2 medium zucchini
200 g boneless meat
1/2 cup rice or millet
1 onion
2 tbsp sour cream
2 tbsp tomato paste
1 tbsp flour
1 tbsp butter

Make stuffing just like for "Holubtsi". Peel and cut each zucchini into 4-5 pieces across. Remove seeds with a teaspoon, put prepared zucchini into a well-oiled baking pan or a skillet, and stuff with stuffing. Slightly sauté tomato paste, then add sour cream mixed with flour and a cup of water. Season zucchini with salt, add prepared tomato and sour cream sauce and bake in a preheated oven 30-40 minutes. Sprinkle with chopped dill just before serving.

Meat Solyanka

Ingredients:
200 g meat products
1 kg sauerkraut
2 pickles
2 onions
3 tbsp tomato puree
1 tbsp flour
1 tbsp capers
2-3 tbsp butter

Put sauerkraut in a pan, add one tablespoon of butter, 1/2 cup water or meat broth, cover with lid and braise for 40 mites. Add fried onions, tomato pure, vinegar, sugar, salt, bay leaf, pepper and braise until ready - for approximately 10 minutes. When sauerkraut is ready, add fried flour to the pan, mix and boil. At the same time, slice meat products (boiled meat, canned meat, sausage, hot dogs), fry with onions, add sliced cucumbers, capers, 2-3 tablespoons of broth, cover with lid and boil for several minutes.

Lay out half of sauerkraut in an even layer on a skillet, put prepared meat with garnish on top, cover with the rest of the cabbage, even out, sprinkle with breadcrumbs, add butter and bake in oven for 10-15 minutes. When serving, decorate with parsley, olives, red bilberry, etc.

SAUCES FOR MEAT DISHES

Meat Juice Sauce (for Fried Meat)

Put meat that has been fried in portion sizes on a plate. Add a little meat stock or water on a skillet where meat was fried and boil; strain juice and pour over the meat on the plate.
If the meat was fried in one big piece (veal, lamb, pork or poultry), pour out the juice for skilled, add to it some stock or water and boil for 1-2 minutes. Strain and pour over meat or poultry placed on a plate.

Red Sauce (for Chopped Meat, Meat Roll, Tongue with Peas, etc.)

Ingredients:
1 tbsp flour
1 carrot
1 parsnip
1 onion
1 tbsp tomato puree
1 1/2 tbsp butter

Fry one tablespoon of flour with same amount of butter until it is dark-brown. Mix with tomato puree and dilute with 2 cups meat stock. Add fried chopped root vegetables and onions and cook on low heat for 20-30 minutes. When finished, add salt, 1-2 tablespoons of wine (madeira or port) and strain.

Tomato Sauce (for Fried Meat, Chopped Meat, Brains, etc.)

Ingredients:
1/2 cup tomato puree
1 tbsp flour
1 carrot
1 parsnip
1 onion
1 tbsp spicy tomato sauce
1 tbsp butter

Peel root vegetables and onions, slice and fry in one tablespoon of flour, then add tomato puree, mix, dilute with one cup of meat stock and cook for 8-10 minutes. When finished, add salt, tablespoon of spicy tomato sauce, butter and thoroughly mix until uniform, then strain.

Spicy Onion Sauce (for Fried and Braised Meat, Liver, Chopped Meat, etc.)

Fry one tablespoon of flour with same amount of butter and dilute with 2 cups of meat stock. Peel 2 onions, finely chop and fry in butter. Add 2 tablespoons of tomato puree, salt, pepper and fry again; then add 2-3 tablespoons of vinegar, cook until thickness of sour cream is achieved. Add chopped gherkins, mix with sauce and boil for 5 minutes.

White Sauce (for Boiled Rabbit, Veal, Lamb and Poultry)

Ingredients:
1 tbsp flour
1 1/2 cup broth
1 egg yolk
2 tbsp butter

Fry one tablespoon of flour with same amount of butter, dilute with strained broth obtained while boiling rabbit, poultry, lamb or veal and cook on low heat for 5-10 minutes. After that remove from heat, add egg yolk mixed in a glass with a small amount of sauce, add salt, butter and mix.

White Sauce with Capers (for Boiled Veal, Lamb, Rabbit, Poultry)

Prepare white sauce (see appropriate recipe), and add 1 1/2 tablespoon of small capers.

Horseradish Sauce (for Boiled Beef, Corned Beef, Lamb, Pork, Tongue)

Ingredients:
1 tbsp flour
2 tbsp grated horseradish
1/2 cup sour cream
2 tbsp vinegar
2 tbsp butter

Fry one tablespoon of flour in the same amount of butter, dilute with cup of hot broth obtained while boiling meat products, add sour cream and boil on low heat for 5-10 minutes. At

Ingredients:
2 tbsp breadcrumbs
3-4 tbsp butter

Add finely crushed breadcrumbs into a skillet with melted butter; put the skillet on heat and brown breadcrumbs. Alternatively, brown breadcrumbs on a dry skillet and then add melted butter.



MUSHROOMS

Use ceps (porcini), birch bolete, aspen mushroom, champignons, morels, slippery jack mushrooms, chanterelles, honey mushrooms in mushroom dishes. If preparing ceps (porcini), aspen mushrooms and birch bolete, clean the stalk and peel it, separate cap from stalk, then wash and scald.

When preparing champignons, clean the stalks and remove thin film from caps; then put champignons in a pot with cold water, add some lemon acid to prevent mushrooms from turning dark. Then put champignons into another clean pot, pour over with hot water, add lemon acid and boil for 20 minutes.

If preparing morels or chanterelles, clean the stalks; wash and boil for 10 minutes. Then wash again, slice and then fry. For slippery jack mushrooms, clean the stalk; remove thin film from caps, then wash, slice and fry.

Mushrooms in Sour Cream

Ingredients:
500 g fresh mushrooms
1/2 cup sour cream
25 g cheese
1 tsp flour
2 tbsp butter

Clean, wash and scald mushrooms. Drain, slice, salt and fry them. Before finishing frying, add one teaspoon of flour and mix; then add sour cream, boil, sprinkle with grated cheese and bake.

When serving, sprinkle with parsley or dill.

Canned mushrooms can also be baked in sour cream. Drain the brine, then wash, slice and fry mushrooms. Continue preparing the same way as fresh mushrooms.

Morels in Sour Cream

Ingredients:
500 g morels
1 cup sour cream
25 g cheese
1 tsp flour
2 tbsp butter

Clean the roots or morels, wash the mushrooms and put in boiling water for 10 minutes, then wash again in cold water. Slice prepared mushrooms, add salt, put in a skillet and fry in butter; then sprinkle with flour, fry again, add sour cream, boil, sprinkle with grated cheese and butter, then bake in oven. Sprinkle morels with parsley when finished cooking.

Fried Mushrooms

Ingredients:
500 g fresh mushrooms
3-4 tbsp flour
2-3 tbsp butter

Clean, wash, scald and dry mushrooms (ceps, champignons, saffron milk caps). Slice, salt and fry on a pre-heated skillet with butter. Sprinkle with flour and fry again. Serve on the same skillet while hot, after sprinkling with parsley or dill.

Fried Mushrooms with Onions

Ingredients:
500 g fresh mushrooms
1 onion
3 tbsp butter

Clean, wash, scald and thinly slice mushrooms. Add salt, fry and mix with separately fried onions. When serving, sprinkle with parsley or dill. Fried potatoes can be served together with mushrooms, if desired.

Braised Mushrooms

Ingredients:
500 g fresh mushrooms
3 tbsp butter

Clean, wash and boil mushrooms (chanterelles, honey mushrooms, russula) in salted water. Drain them, then put in a pot with pre-heated oil, add 2-3 tbsp meat broth, cover with lid and braise approximately 30 minutes. When serving, add chopped greens and mix.



Braised Mushrooms in Cream

Ingredients:
500 g mushrooms
1 cup cream
1 tbsp butter

Clean, wash, scald, slice, salt and lightly fry fresh mushrooms (ceps, birch bolete, aspen mushrooms). Put them in a pot or pan and pour over with boiled cream. Tie together springs of parsley or dill, inserting some cinnamon, cloves, pepper, bay leaf in the middle of the batch, and put it in the pot with mushrooms. Salt, cover with lid and put into moderately hot oven to braise for 1 hour. When mushrooms are ready, remove the tied greens, and serve mushrooms in the same pot if was cooking in.

Baked Mushrooms

Many types of mushrooms can be baked, but morels are especially delicious. Clean and wash mushrooms, then put in boiling water for 5-10 minutes, drain and wash in cold water again (broth is not suitable for consumption).

Slice and fry on a pre-heated skillet with butter. Before finishing frying, add some flour, mix, add sour cream, boil, add butter (also grated cheese, if desired) and bake in oven.

Serve baked mushrooms on the same skillet while still hot.

Mushroom Solyanka

Ingredients: