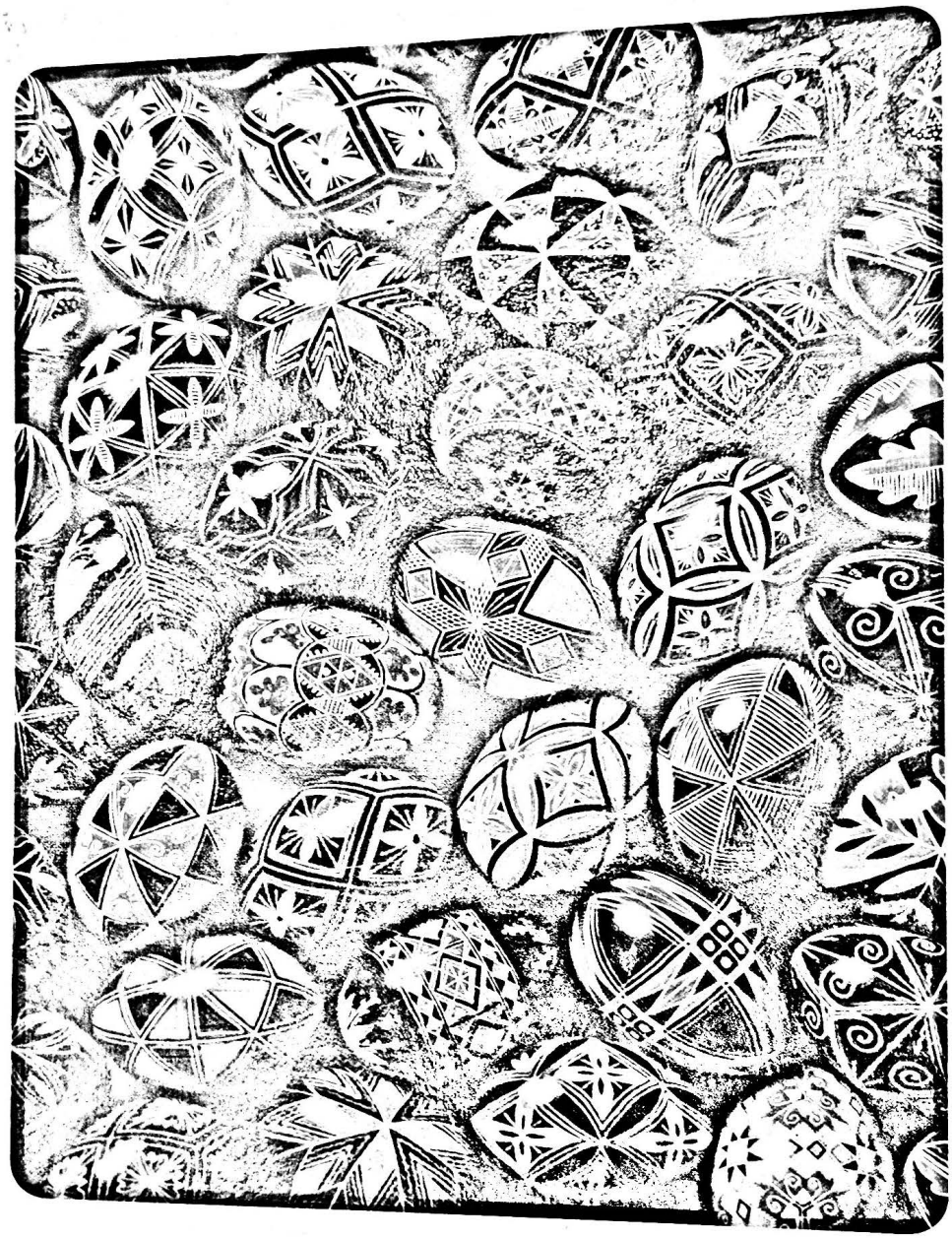
Recipes: Russian Cooking



Foods of the World

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cut it into slivers. (You may add the meat to the finished soup or serve it separately. Alternatively refrigerate the meat, covered with plastic wrap, and use it in dishes such as the *salat Olivier* described on page 29.)

In a small bowl beat the eggs just long enough to combine them. Then, beating with a wire whisk, slowly pour in 1 cup of the soup. Return the mixture to the simmering soup in a slow stream, whisking constantly. Simmer another minute or two or until the soup has thickened lightly. (Do not let it boil or it will curdle.) Stir in the lemon juice, taste for seasoning, and pour into a heated tureen. Sprinkle with coriander and serve at once.

Rybnaia Solianka (*Russia*)

FISH SOUP WITH ONIONS, CUCUMBERS AND TOMATOES

To serve 6 to 8

1 cup coarsely chopped onions
1 bay leaf
2 sprigs parsley
3 teaspoons salt
2½ pounds sturgeon, halibut or haddock steaks, cut 1 inch thick
4 tablespoons butter
2 cups thinly sliced onions
1 medium cucumber, peeled, halved, seeded and finely chopped
2 tomatoes, peeled, seeded and coarsely chopped *(see borshch ukraïnsky, page 21)*
⅛ teaspoon white pepper
4 teaspoons capers, drained and washed under cold running water
1 lemon, thinly sliced
2 tablespoons finely chopped parsley
12 black olives, pitted

In a 3- to 4-quart pot, combine 6½ cups of water, the chopped onions, bay leaf, parsley and 1 teaspoon of the salt. Bring to a boil over high heat, then add the fish, lower the heat, and simmer uncovered, for 6 minutes, until the fish is firm to the touch. Remove the fish and cut it into 1-inch chunks. Strain the stock through a fine sieve set over a bowl, pressing down on the onions and herbs with the back of a spoon before discarding them.

In a 2- to 3-quart casserole, melt the butter over high heat. Add the sliced onions, and cook 6 to 8 minutes until the onions are soft but not brown. Stir in the cucumbers and tomatoes and simmer 10 minutes. Pour in the strained fish stock, season with the remaining 2 teaspoons of salt and white pepper, and drop in the fish. Simmer gently a minute or two, until the soup and fish are heated through. Off the heat stir in the capers, lemon, parsley and olives. Taste for seasoning and serve directly from the casserole.

Miasnaia Solianka (*Russia*)

MEAT SOUP WITH TOMATOES, ONIONS AND CUCUMBERS

To serve 6 to 8

6 cups beef stock, fresh or canned
¾ pound beef, preferably lean brisket, rump or bottom round, cut into ½-inch cubes
½ pound boneless shoulder of veal, trimmed of fat and cut into ½-inch cubes
4 tablespoons butter
2 cups thinly sliced onions
2 medium cucumbers, peeled, halved, seeded and cut into ¼-inch slices
2 large tomatoes, peeled, seeded and coarsely chopped (*see borshch ukraïnsky, page 21*)
1 teaspoon salt
Freshly ground black pepper
6 ounces boiled ham, sliced ½ inch thick
3 all-beef frankfurters, sliced into ½-inch rounds
12 black pitted olives
1 lemon, thinly sliced

In a heavy, 4- to 6-quart casserole, combine the beef stock, beef and veal. Bring to a boil over high heat, skimming the top of the foam and scum as they rise to the surface. Then partially cover the casserole, reduce the heat to moderate and simmer for about 1½ hours, or until the meat is tender enough to be easily pierced with a fork.

Meanwhile, melt 4 tablespoons of butter in a heavy, 10- to 12-inch skillet over high heat. Add the onions, reduce the heat to moderate and cook 3 to 5 minutes, or until the onions are soft but not brown. Drop in the cucumbers and cook, stirring occasionally, for about 10 minutes, or until they are tender but still slightly firm. Then stir in the chopped tomatoes and cook an additional 10 minutes. Season with the salt and a few grindings of black pepper, and transfer the contents of the skillet to the casserole. Add the ham and frankfurters and simmer 5 minutes, or until the meats are heated through.

Drop the olives into a saucepan of boiling water and boil briskly for 2 minutes. Drain and add them to the soup. Taste for seasoning, pour into a large heated tureen, and float the lemon slices on top. Serve at once.