Russian Food for Pleasure

Ruth Lowinsky
and Lance Thirkell

SEVEN SHILLINGS AND SIXPENCE NET

FISH SOLYANKA No. 1

2 lb. of cod or fresh haddock
2 salted cucumbers
2 tomatoes
1 onion
1 tablespoonful of mixed olives and capers
Fat

FISH STOCK

Cut off the fillets of the fish and make the head and bones into the following fish stock.

Bones and head of fish
2 pints of water
1 carrot
1 onion
1 turnip
A piece of celery
1 tablespoonful of vinegar
4 cloves
Pepper and salt
A bay leaf

METHOD FOR FISH STOCK

Chop the vegetables finely. Put them in a saucepan with the other ingredients. Bring to the boil and simmer till reduced to a pint. Strain and use.

METHOD FOR THE SOLYANKA

Cut the onion and tomato and fry them. Chop up the cucumbers and the fillets of fish, which you cut in square pieces. Put all these and the olives and capers in

a saucepan with the fish stock. Bring to the boil and simmer till the fish be cooked. Serve.

The difference between Russian soups and ours is that you seldom have to sieve them, which saves an enormous amount of time. They are to all intents and purposes a combination of soup and vegetable course.

FISH SOLYANKA No. 2

1 *lb. of fish fillets (whiting or cod)*
2 *lb. of cabbage*
2 *tablespoonfuls of margarine*
2 *tablespoonfuls of tomato purée*
2 *tablespoonfuls of breadcrumbs*
1 *oz. of flour*
2 *salted cucumbers*
1 *oz. of capers*
1 *dessertspoonful of oil*
1 *bay leaf*
½ *pint of water or fish stock*
1 *onion*

FOR THE CABBAGE

4 *oz. of margarine or fat*
1 *onion*
1 *tablespoonful of sugar and flour mixed*

Fry the cabbage, shredded, in the margarine or fat with the onion. This will take about two hours. Just before it is thoroughly cooked stir in the flour and sugar.

Cut the fish in small squares and put it in a saucepan. Chop up the onion and fry it slightly. Remove the inside and rind from the cucumbers and, having salted and peppered the fish, put them with the onion, capers and tomato purée, the bay leaf and fish stock or water in the saucepan. Bring to the boil and simmer for twenty minutes.

Melt ½ oz. of the margarine and mix in the flour. Take a little of the liquid from the saucepan and mix

it with the margarine and flour. Put this in the saucepan and simmer for a few minutes, but do not break the fish.

Line a dish with half the cabbage, cover with the fish and the contents of the saucepan, then the rest of the fish, then sprinkle with breadcrumbs dotted with butter, and brown in the oven.

MEAT SOLYANKA

1 *pint of stock*
4 *salted cucumbers*
2 *large onions*
2 *tablespoonfuls of tomato purée*
1 *tablespoonful of margarine*
1 *tablespoonful of capers and olives—mixed*
½ *a lemon*
2 *tablespoonfuls of sour cream or yoghourt*
½ *lb. of sausages*
2 *sprigs of parsley*
A bay leaf
Pepper and a very little salt

Cut the onions finely and fry them in the margarine, then boil for ten minutes with the tomato purée and a little stock. Peel and cut up the cucumbers and use half the sausages, and boil them with the first ingredients, the capers, olives and bay leaf for ten minutes. Before serving, add the sour cream or yoghourt, the parsley and the lemon, peeled and cut up.

You can use any left-over meat for this soup, which in Russia would be the main dish. Chop the meat and add to the soup. This is merely a trimming, and not necessary unless—an unlikely event in this country—you make your meal off Solyanka, so I have not included it in the list of ingredients.