COOKING
THE RUSSIAN WAY

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MUSHROOM SOLIANKA

1 lb. mushrooms
2 salted cucumbers
2 tablespoons tomato purée
1 onion
1 tablespoon vinegar
1 lb. cabbage
1 tablespoon sugar
2 tablespoons butter
3 tablespoons water
1 bay leaf
salt and pepper
1 lemon
olives

Wash and shred the cabbage and put into a saucepan. Add a tablespoon of butter, water and vinegar and cook slowly for 1 hour. About 15 minutes before the cabbage is ready, add the tomato purée, diced cucumbers, sugar, salt, pepper and a bay leaf.

Clean and wash the mushrooms and leave in hot water for 15 minutes, then slice and fry in butter. Remove the mushrooms, fry the chopped onion in the same pan and mix together. Lay half the cabbage in an oven dish and put the mushrooms on top. Cover with the rest of the cabbage, sprinkle with breadcrumbs, dab with butter and put into the oven to bake until brown on top.

Serve with olives and slices of lemon.

This dish may be prepared with sauerkraut, in which case do not add any vinegar to the cabbage. Dried or salted mushrooms may also be used, but they will need soaking for 2 hours beforehand.

PEAS AND LETTUCE

2 lb. peas
1 lettuce
2 shallots
2 oz. butter
2 teaspoons sugar
few sprigs of parsley
pinch of pepper
½ teaspoon salt

Put shelled peas into a saucepan, add shredded lettuce leaves, chopped shallots, butter, sugar, salt, pepper and chopped parsley. Pour in about a cup of hot water, or enough to cover, and simmer gently until peas are tender.

GEORGIAN SOLIANKA

1 lb. lamb or mutton (without bones)
2 onions
2 salted cucumbers
2 tablespoons tomato purée
1 wineglass red wine
3 tablespoons oil
2 cloves garlic
½ cup stock
sprigs of parsley
salt and pepper

Cut the meat into small squares, chop the onions and fry together in oil in a shallow pan. Add the tomato purée, slices of salted cucumbers, crushed garlic, cloves, salt and pepper. Pour in the meat stock and wine, cover with a lid and simmer gently for 30 minutes.

Serve sprinkled with chopped parsley.

PORK WITH PLUM SAUCE

leg of young pork
1 carrot
1 onion
1 celery stalk
1 turnip
8 oz. plums
1 bay leaf
2 cloves
½ lemon
6 peppercorns
pinch cinnamon
1 oz. butter
1 tablespoon sugar
salt

Plunge the pork into boiling water, sufficient in quantity to cover it. Let the water boil up again, then skim the surface. Add all the vegetables, crushed cloves, bay leaf, juice of ½ lemon, peppercorns and salt and simmer for 1½—2 hours. Stew the plums in just enough water to cover, adding sugar and a pinch of cinnamon. When cooked, remove the stones and rub the plums through a sieve. Mix with the butter and a little plum juice and serve separately with the leg of pork.

MEAT SOLIANKA

1 lb. assorted cooked meat
2 lb. sauerkraut
2 onions
2 tablespoons butter
1 tablespoon breadcrumbs
1 teaspoon sugar
2 salted cucumbers
salt and pepper

Chop the onions and fry in a tablespoon of butter until they are golden-coloured. Add sliced cucumber, sugar, salt and pepper and simmer for 20 minutes. Put half the sauerkraut in a buttered baking dish and lay over it slices of assorted meat. Cover with the remaining sauerkraut, sprinkle with breadcrumbs, dab on a few pats of butter and put into a hot oven until brown on top - about 15 minutes.

Serve with slices of salted cucumber.

SCHNITZEL

1½ lb. fillet of veal or pork
1 egg
½ cup breadcrumbs
½ tablespoon capers
2 tablespoons olive oil or butter
1 lemon
salt and pepper
2 sprigs of parsley

Cut the meat into thin slices, beat them flat, shape and trim. Season with salt and pepper and dip in beaten egg, then breadcrumbs, coating each piece of meat completely. Put into frying pan with hot oil or butter and fry gently, on both sides, until golden brown. Wash the lemon, grate ½ tablespoon of the rind, cook lightly in butter with the capers and put over the meat.

Garnish with slices of lemon and sprinkle with chopped parsley.

FISH SOLIANKA

1½ lb. filleted fish
2 lb. pickled cabbage
4 oz. butter
2 onions
1 tablespoon breadcrumbs
2 salted cucumbers
1 tablespoon sugar
1 cup fish stock or water
2 tablespoons vinegar
2 bay leaves
1 oz. capers
½ lemon
2 sprigs of dill
olives
salt and pepper

Chop the onions and fry lightly in 3 oz. of butter. Add the cabbage, tomato purée, vinegar and sugar, and cook for 10 minutes. Cut the fish into small sections, put into a saucepan with bay leaves, sliced salted cucumbers, capers, salt and pepper and cover with stock or water. Put on the lid and simmer for 15 minutes.

Lay half the cabbage in a buttered baking dish, put the fish and its sauce on top, cover with the remaining cabbage, sprinkle with breadcrumbs, dot with butter and bake in an oven at 350° F. for 10 minutes.

Serve garnished with olives, slices of lemon and chopped dill.

MARINADE OF TROUT

4 trout
1 onion
1 carrot
1 celery stalk
1 wineglass white wine
½ pint vinegar
1 bay leaf
6 peppercorns
pinch of grated nutm
few sprigs of parsley
and thyme
I [illegible]on salt
[illegible]ter

Prepare and slice the vegetables, [illegible] saucepan
water and add all the other ingre[illegible]cept the
Bring to the boil, cover with a lid and [illegible]or 30 mir
Strain off the liquid and leave to cool

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