



Russian Cuisine

The Russian diet is rich and **varied**. A lot of **dairy products** are used, such as *tvorog* (dry **granulated** cream cheese), *smetana* (thick **sour** cream) and *kefir* (a **yoghurt-like** drink made from cow's milk, yeast and **lactic acid bacteria**).

Typical Russian meals start with hot and cold **appetisers**. These are followed by soup, the main dish, and then dessert. The appetisers we **recommend** are: salmon, hot and cold **smoked** sturgeon, pike perch stuffed or in aspic and herring or red herring. The cold meat dishes we suggest are: ham, lean boiled pork with **spices** – *buzhenina*, **jellied** tongue, and meat jelly. These dishes can be served with horseradish sauce and **various** salads. The most popular soups in this restaurant are *borshch* and *solyanka*. For the main dish there is a great choice: fried burbot or carp, meat dishes such as beef stroganoff with **mashed** potatoes, *golubtsy*, *pelmeni*, Russian *shashlyks* and **grilled** piglet. Poultry and game dishes

include chicken Kiev, roast duck and goose stuffed with apples, **roast** partridge, hazel-grouse, wood-grouse, blackbird, pheasant and quail. All these dishes are **juicy** and **tender**. Dessert comes next. Our customers can enjoy baked apples, fruit and berry *kisel*, compote, **aromatic** melons and watermelon from the **estuary** of the Volga. **Baked** pies have always been popular in Russia, and there is a wide selection available.

As for drinks, there are some wonderful fruit and berry beverages called *mors* and *kvas*. *Kvas* was invented over a thousand years ago. It is similar to beer in alcohol content and is made from malt or fresh/dried rye bread. Many people still enjoy drinking it today.



Lead-in

- 1 Look at the pictures on the menu and name the dishes. What ingredients are used? Do you know any other Russian dishes?

Reading & Listening

- 2 Listen and circle the dishes the chef mentions in his introduction.

- tvorog • ryazhenka • okroshka
- shashlyks • golubtsy • kisel • kefir
- chicken Kiev • kulebyaka • smetana

- 3 Read the menu and list:

- dishes with cabbage
- flour-based dishes
- dishes with sour cream

- 4 Explain the words in bold.

- 5 Read the menu and write down:

- the most expensive cold starter
- the cheapest hot appetiser
- a cold soup
- a barbeque dish

Speaking

In pairs, help your foreign friend to place an order with the waiter for a cold starter, hot appetiser, soup and main dish.

Cold Starters

Tsar's Zakuska, 80 roubles

A selection of **pickled** cucumbers and/or tomatoes, **sauerkraut**, **marinated** garlic and **ramson**.

Ukrainian Salo, 55 roubles

Delicious **slices** of tender pork fat served with marinated garlic, horse-raddish or mustard and black rye bread.

Herring in a Fur Coat, 110 roubles

Alternating layers of **chopped** herring, a mixture of chopped boiled potato, onion, beetroot and mayonnaise, decorated with a layer of **grated** cheese and boiled egg yolks.

Russian Salad, 70 roubles

Chicken or beef salad with chopped potato, egg, onion, carrots and pickled cucumbers in a mayonnaise **dressing**.

Hot Appetisers

Bliny, 80-120 roubles

Nourishing flour crepes, served with a **topping** of your choice: red & black caviar, salted salmon, **cowberry** jam or sour cream.

Julienne, 70 roubles

Cream-mushroom julienne, **baked** with Mozzarella cheese and topped with green **parsley**.

Vareniki, 65 roubles

Boiled or fried **triangular dumplings**, filled with potatoes, cheese, mushrooms, cabbage, or meat. Served with sour cream.

Draniki, 50 roubles

Delicious potato pancakes. Similar to the Jewish potato latke. Served with sour cream.

Soups

Shchi, 45 roubles

Traditional Russian fresh cabbage or sauerkraut soup. Served in a **pot** covered with **pastry** and sour cream.

Borshch, 60 roubles

A **hearty** soup made from beets and cabbage, **simmered** for maximum **flavour** and served with a **dollop** of sour cream and **garlic bread**.

Solyanka, 80 roubles

One of the most famous Russian soups, made from meat, fish or mushrooms, served with olives, lemon slices and sour cream.

Okroshka, 35 roubles

A **refreshing**, cold kvas-based soup, with chopped fresh vegetables, sausages and meat.

Main Dishes

Pelmeni, 95 roubles

Siberian **ravioli**, **stuffed** with ground pork and onions. Served in a traditional Russian pot with sour cream and **vinegar**.

Shashlyks, 140 roubles

A classic Russian **barbeque**: **juicy** cubes of **lamb** pre-marinated in kefir and **grilled** on **skewers** over a **brazier**. **Rare, medium** or **well-done** to your taste.

Stuffed Piglet, 350 roubles

A **spicy** whole piglet, **stuffed** with buckwheat porridge, grechka and vegetables.

Golubtsy, 120 roubles

Roulettes of cabbage, **filled** with rice, ground lamb and pork. Topped with cream sauce and **steamed pumpkin**. Served with pink sour cream sauce.

