

Lorna Sundberg International Center Cooking Class



Source: <http://xsoup4u.com/2012/04/russian-slavic-food-thurzdayz/>

Russian Kitchen – Wesley Malychev

September 29th, 2013, 4-6pm

Borsch

Ingredients

2 lbs of pork or chicken
6-8 potatoes
2-4 beets
3-4 onions
3-4 carrots
1 green cabbage
4-5 cloves of garlic
Olive oil
Unsalted butter
3-4 cups of tomato juice
8 tea spoons of Hunt's Tomato Sauce
Dill weed
Fresh parsley
Salt & Pepper
Sour Cream and Bread (to serve with)



Source: <http://woq.nipax.cz/borsch/img/borsch.jpg>

Instructions

Slice potatoes and cabbage (along with other vegetables) beforehand

First you make broth: Boil water (fill up about half of the pot), then place 1 onion, meat, 1 carrot, salt & pepper, and a little bit of olive oil in large pot and continue boiling for about 30 minutes on med. NOTE: if you are making vegetarian borsch, thrown in potatoes once the later begins to boil.

In the meantime, fry chopped beets, carrots, salt & pepper, onions, and garlic in olive oil/butter on med/high for 10-15 minutes. After that put in 3-4 cups of tomato juice & about 8 tea spoons of Hunt's Tomato Sauce. Put heat on med/low and cover - cook for 7-10 more minutes.

Once broth has been boiling for 15-20 minutes, throw in (already sliced) potatoes.

About 30 minutes after the broth has started boiling, take onion, meat, carrot out of the broth. Put beets, carrots, onions, and garlic, tomato juice & tomato sauce from frying pan into the broth. Add parsley, dill, and salt based on personal taste. This is the transformation of broth to borsch!

But you're not done yet! 5-10 minutes after adding the ingredients from the frying pan (which equates to about 40 minutes after the broth initially started boiling), throw in (already sliced) cabbage. Add meat back in around the same time.

Continue boiling on medium until cabbage is cooked through.

Serve with sour cream and bread (optional but taste-enhancing!)

Total cooking time: 45-60 minutes

Serves: 15-20 people

Salat Olivier

Ingredients

6-8 eggs
4-6 potatoes
3-4 onions
3-4 carrots
Sweet peas
Sweet pickles
Ham or hotdogs
Mayonnaise
Dill weed



Source: <http://www.skyeventplanner.com/2012/02/24/twist-classic-salat-olivier/>

Instructions

Boil eggs, potatoes, sweet peas and carrots (and hotdogs if you choose to use those) beforehand (20 -30 minutes)

Slice potatoes, eggs, carrots, pickles, and ham/hotdog into small cubes; slice onion *very* small

Mix everything together with mayonnaise; add dill or other herbs based on personal taste

Total cooking time: 30 minutes

Serves: 15-20 people

Blini/Blinchiki

Ingredients

2 eggs
2.5-3 cups of milk
6 big tablespoons of flour
Large pinch of salt & sugar
Lots of butter
Sour cream, jam, preserves, fruit, Nutella, whatever your little heart desires (to serve with)

Instructions

Heat up pan (pan should be hot when you begin making blini!)

Take 2 eggs, 6 big tablespoons of flour, and a large pinch of salt & sugar & 1 cup of milk and mix together in a bowl – the mixture should be about as dense as sour cream at room temperature

Once that thickness is reached, pour in the remaining milk. You don't want to pour too much, the blini will fall apart & you don't want to pour in too little, the blini won't be thin enough. It's all about experimenting with the first couple blini! You may mess up a couple times before you get it right!

Take a dab of butter (tip of the knife) and put it in the frying pan (butter should sizzle a bit). Take the frying pan in one hand (off the stove top) and take the bowl of mixture in the other hand and pour enough mixture in the pan to cover the surface.

Cook on one side for 10-20 seconds (might take longer if they're too thick). Use a spatula and your hands to flip to the other side. Again, cook for 10-20 seconds.

Total cooking time: 30 minutes or so

Serves: 15-20 people



Source: <http://atebites.com/2011/02/blini-traditional-russian-pancakes/>