



# A Taste of Russia

## Plov (Vegetarian)

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- 2 cups of Basmati rice
- 1 cup of vegetable oil
- 1-1.5 can(s) of Chickpeas
- 3-4 large carrots
- 2 large onions
- 2.5 tsp. salt
- 1 tbsp minced garlic
- 1 tbsp barberry
- 1 tsp cumin
- 1 tsp red pepper
- 1 tsp turmeric



- 1.) Place the rice in a bowl of warm water and set it aside.
- 2.) Slice the onions and carrots
- 3.) Heat the vegetable oil in a pot on high heat or until it starts smoking
- 4.) Add carrots, onions and a teaspoon of salt to the pot and stir them around
- 5.) Begin to boil around a half a liter of water in a separate pot (you may need to add more water depending on the size of the pot that you put the vegetables in)
- 6.) Once the carrots and onions are light brown you can add the chickpeas, spices and garlic into pot and stir them all together
- 7.) Turn the heat down to Med.
- 8.) Drain the rice and add it **On Top** of the vegetables
- 9.) Pour the boiling water into the pot and make sure that it covers the rice by roughly 3/4 inch (you may need to add more water if you are using a large pot)
- 10.) Cover and cook for 50 minutes on low

11.) Check to make sure that the rice has been thoroughly cooked (add more hot water if necessary)

12.) Serve and Enjoy!

(Image from: <http://lh3.googleusercontent.com/fWvgqkmM8xeVOezCDZHb4zjj-P-Z91qdec3CptjSIImm6rmvAgB76UIZD6v3ILG7Mq5AgopkKhPNLGEYP5vnlg=s480-c-e365>)

## Syrniki

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- Eggs
- Sugar
- Vanilla sugar
- Cottage or ricotta cheese
- Flour
- Vegetable oil
- Sour cream or jam to serve with



- 1.) Mix the eggs, sugar, vanilla sugar and salt in a large bowl
- 2.) Add cottage (or ricotta) cheese and mix well
- 3.) Add flour and mix everything together
- 4.) Heat 2 tbsp of vegetable oil in a large frying pan on med. heat
- 5.) Use a wet tablespoon to scoop out the batter and flatten it on the pan
- 6.) Cook for two minutes or until golden brown
- 7.) Flip the syrniki and turn down the heat
- 8.) Cook until the second side is also golden brown
- 9.) Serve with sour cream or jam (or whatever you would like) and enjoy!

(Image from: [https://yuliyaskitchenandmore.files.wordpress.com/2013/01/img\\_9401.jpg](https://yuliyaskitchenandmore.files.wordpress.com/2013/01/img_9401.jpg))