



# Summer Russian Soups and Pie

## *Kurnik*

This recipe is based on Jamie Oliver's version of Kurnik, but adapted to be more authentic to Urals : )  
This is a celebratory pie, typical of Russian feasts.

### **Ingredients:**

- Stuffing:
  - Spices of choice
  - 500 g free-range cooked chicken (the meat from a 1.4kg chicken)
  - 500 g of potato
  - One onion
  - Garlic
  - Fresh herbs (optional)
- Sour Cream PASTRY
  - 125 g unsalted butter
  - 125 g sour cream
  - 50 g water
  - 2 large free-range eggs
  - 200-300 g plain flour
  - 2 teaspoons baking powder (+I prefer to add a pinch of baking soda)
  - Salt

### **Method:**

Start by making the pastry:

1. Melt the butter
2. Separate egg yolks and mix one with sour cream
3. Add melted butter and stir well
4. In a separate bowl, stir together the flour and baking powder (soda) and salt
5. Add it to the melted in a few stages, until you have a smooth dough

Filling:

6. Peel and cut potato into small cubes
7. Peel and finely slice onion. Pick and finely chop herbs
8. Put a lug of oil in a pan over a medium heat and fry the garlic and onions for 5 minutes or until they start to color.
9. Stir in the chopped herbs, season well, then shred the chicken and add it to the pan

Combining:

10. Cut the dough into two pieces and roll them. One piece will cover the dish and the other will cover the pie.
11. In the bottom of a 24cm pie dish, spread out the dough.
12. Put the stuffing into the pie, cover with the other piece of dough, and make a small hole in the center of the pie.
13. Preheat the oven to 180°C/gas 4.
14. Beat the remaining egg and then brush over the top and pop it into the oven for 30-40 minutes, or until the pastry is golden and the filling is heated through.

## Okroshka

(Russian: окрошка) is a cold soup of Russian origin.[1] The name probably originates from krosht' (крошить), which means to crumble into small pieces. The classic soup is a mix of mostly raw vegetables (like cucumbers, radishes and spring onions), boiled potatoes, eggs, and a cooked meat such as beef, veal, sausages, or ham with kvass, which is a non-alcoholic (1.5% or less) beverage made from fermented black or rye bread. Okroshka is usually garnished with sour cream (smetana). The ingredients are diced and then mixed with kvass just before eating; the ratio of chopped food to kvass is similar to that of cereal to milk. This allows the vegetables to retain their texture. Okroshka is mostly served in summer because the soup combines the refreshing taste of kvass and the lightness of a salad. Salt and sugar can be added according to taste. Okroshka is always served cold.

**Kvass** is a traditional Slavic and Baltic fermented beverage commonly made from black or regular rye bread.[1] The colour of the bread used contributes to the colour of the resulting drink. It is classified as a non-alcoholic drink by Russian standard, as the alcohol content from fermentation is typically less than 1.2%. [2] Generally, the alcohol content is low (0.5–1.0%). [3] It may be flavoured with fruits such as strawberries and raisins, or with herbs such as mint. [4]

### Ingredients:

- 1/4 cup finely chopped scallions
- 1/4 cup finely chopped dill
- 1 small bunch radishes, cut in half and thinly sliced
- 1 small cucumber, peeled and cut into small dice
- 4 hard-boiled large eggs, cut into small dice
- 2 midsize boiled waxy potatoes (red or golden), cut into small dice
- Kvass
- 1-2 cups water
- Salt and pepper to taste

## Svekolnik

### Ingredients:

- Beet roots 1 pound
- Potatoes 1 pound
- Garden cucumbers 0.5 pound
- Parsley - 1 bunch
- Dil - 1 bunch
- Cilantro - 0.5 bunch (if you like)
- Eggs - 3 eggs
- Kefir - 1 litre
- Sour Cream - 5 oz

### Method:

1. Peel beet roots, wash them, and place them into a large pot filled with enough water to cover them. Bring to a boil and cook until a fork can be easily inserted and removed (about 45 minutes). Beet broth will be used later, so cool it and save.
2. Boil potatoes and eggs separately from beet roots.
3. Cut cucumbers, eggs, potatoes into cubes.
4. Grate beets
5. Chop dill and parsley
6. Put everything into a large bowl. Add salt and 1 tablespoon of sugar. Fill with beets broth.
7. Add kefir
8. Serve with sour cream