



Mixed Meats Solyanka Soup

Serves: 4
Stations 1 and 2

Ingredients:

- 1,2 litres (about 5 cups) low salt meat or chicken bouillon / stock
Alternatively you can use just water or half-and-half
- 1 large onion, finely diced
- 1 large carrot, grated
- 350 g/0.8 lb of at least three meat mix (pancetta or bacon/smoked cooking chorizo or other smoked pork sausage/smoked chicken breast or other smoked meat) cubed
- 3 large barrel-salted cucumbers (available from a Russian, Polish or Lithuanian shop, in the US also available at deli individually packed as a snack), finely chopped
- 3 Tsp tomato purée
- 1/2 tsp paprika (smoked paprika is even better!)
- 1 large potato, cut into small cubes
- 2 Tsp capers (optional)

The amounts of meat ingredients for Solyanka are here for your guidance. Feel free to exchange and mix the meats to your liking or simply use what you have on hand.

To serve:

- 1/2 of large lemon
- your favorite green, red or black olives to taste
- finely chopped dill and/or parsley
- black pepper
- sour cream or crème fraîche (optional)

Directions:

1. In a deep pot, put the bouillon for Solyanka on to warm it up.
2. In a deep frying pan, fry cubed meats on medium heat. When the fat has rendered, add chopped onion and grated carrot. Fry for a while but don't let them get brown. Add tomato purée, paprika and capers, if you like them, mix well and turn off the heat.
3. When the bouillon for Solyanka starts to boil, add the cubed potato, bring it to a boil and then simmer for 5 minutes on low heat.
4. Now add the fried vegetables and chopped salty cucumbers into the Solyanka and let it cook for 5 minutes.
5. Let the Solyanka simmer slowly for 5-10 minutes, then taste for salt. If Solyanka is not salty enough, add some pickle brine into the soup. Turn off the heat, cover with a lid and let the Solyanka sit for several hours. This will make the soup better. Solyanka is even better the next day!
6. Serve Solyanka with a thin slice of lemon, chopped dill and/or parsnip and several olives in every bowl. Add sour cream to taste. Solyanka is great on a winter evening with some nice freshly baked bread, home-made preferably! Delicious with cheese-and-carrot spread.

**Give it a try and the Solyanka
may become your favorite!**



Cheese-and-Carrot Spread

(appetizer, Hors d'oeuvre)

Serves: 8

Station 3

Ingredients:

- 1 pack of light cream cheese
- 3 middle size carrots
- 2 cloves of garlic

To serve:

- cucumber
- tomato
- tortilla
- green salad
- French baguette

Directions:

1. Peel and finely grate carrots, add pressed garlic and mix in cream cheese.

2. Serving options:

- Spread it on sliced French baguette
- Lay green salad leaf on a tortilla, spread appetizer on top of it, put a long cucumber bar in the middle and make a roll. Hold the roll together with tooth picks, if needed, and chill it in the refrigerator for at least an hour. Slice as desired
- Cut the top of a tomato, scoop out its inner flesh and stuff tomato with the appetizer. Decorate with a sprig of dill or parsley



Berries Romanoff

Station 4

Ingredients:

- assorted fresh berries (such as blackberries, raspberries, blueberries or strawberries cut in four parts)
- light sour cream or full fat Greek yogurt
- sugar
- oranges
- orange liquor (Cointreau or Grand Marnier)
- vanilla extract
- fresh mint sprig (optional)

Directions:

1. In a bowl, combine sour cream (yogurt), sugar and vanilla extract and lightly beat them together. Cover and chill in the refrigerator for at least an hour.

2. Squeeze juice from the oranges or use orange concentrate, add some liquor and a little sugar

3. Immerse berries into the juice and liquor mixture and macerate it for at least an hour

4. To serve, layer sauce and fruits in pretty glassware or ice-cream glass bowls. Garnish top with finely grated orange zest and a mint sprig. Serve immediately or cover and chill up to 1 hour

