

Dinner & A Book Recipes

Episode #1410 - Mastering the Art of Soviet Cooking

Russian Borsch as per Vera Le Count

1 lb. pork meat with bones
2 lb. shredded cabbage
1 peeled, chopped potato
1 chopped onion
1 shredded carrot
½ chopped green pepper
1 shredded beet
2 cloves minced garlic
Canola oil
Ketchup
Salt, pepper, chopped dill

1. Boil the meat in water in a large saucepan for 30 minutes. Remove the froth with a tablespoon
2. 2. Add cabbage and potatoes
3. 3. Sauté the onion, carrot, beet and green pepper in canola oil in a frying pan. Add ketchup and sauté 5 more minutes.
4. 4. Add the ketchup mixture to the sauce pan.
5. Add garlic, salt pepper and dill.
6. 6. Remove the sauce pan from the heat, cover it. Let stand 5 minutes.
7. Serve with sour cream

Russian pie Sharlotka (French Apple Pie)

6 medium Golden delicious apples (peeled, cored and sliced in small pieces)
1½ c. sugar
4 eggs
1½ c. flour
½ teaspoon vanilla
4 T. sour cream ½ t. baking soda
A few drops of white vinegar

1. Grease a frying pan. Put the apples in it
2. Mix sugar with eggs, add flour, sour cream, vanilla
3. Into the baking soda, add a little bit of vinegar and let it dissolve completely so it looks like a white liquid
4. Add #3 to the mixture. Mix everything. Pour it over the apples
5. Bake the pie in 350 degree F. oven for 30 minutes
6. It's ready when the toothpick comes out clean.

Salat Olivier Serves 6

Salad

3 large boiling potatoes, peeled, cooked and diced
2 medium carrots, peeled, cooked and diced
1 large Granny smith apple, peeled and diced
2 medium dill pickles, diced
1 medium seedless cucumber, peeled and finely diced
3 large hard-cooked eggs, chopped
One 16-ounce can peas, well-drained
¼ c. finely chopped scallions (with 3 inches of the green tops)
14 c. finely chopped dill
12 ounces lump crabmeat or chopped chicken or beef
Kosher salt and freshly ground black

Dressing

1c. Hellmann's mayonnaise
1/3 c. sour cream
2 T. fresh lemon juice
2 t. Dijon Dijon mustard
1 t. white vinegar
Kosher salt to taste

1. In a large mixing bowl, combine all the salad ingredients and season with salt and pepper to taste
2. In a medium bowl, whisk together all the dressing ingredients, season with salt and taste: it should be tangy and zesty. Toss the salad thoroughly with the dressing, adding a little more mayo if it doesn't look moist enough. Adjust the seasoning to taste. Serve in a cut-crystal or glass bowl.