

WORLD TABLE BOOKS

# Russian Table

*A taste of the Russian kitchen.*

100 RECIPES / FULLY ILLUSTRATED EDITION

A PLACE AT THE TABLE

# The pleasure of Russian cooking

## Tender pelmeni. A fragrant pot of shchi. Golden pirozhki and a slice of honey-layer cake.



Russian home cooking brings garden vegetables, comforting soups, tender dumplings and generous baking to the table. These one hundred recipes explore familiar household favorites and practical adaptations. Several dishes belong to shared regional traditions and have many local versions.

Explore ten chapters, from appetizers and salads to breads, dumplings, roasts and dessert. Every recipe gives you measured ingredients, a clear method, estimated nutrition, storage advice and four preparation photographs. Choose a dish for its flavor, then use the numbers as useful context.

*Cook with care. Share with pleasure. Make room at the table.*

BEFORE YOU BEGIN

# Make the recipe work for you

## Read once, then cook

Read the full ingredient list and method before starting. Gather the equipment and prepare ingredients in the stated form. Steps are arranged so you can work while a grain simmers or a dish bakes.

## Know your portion

Serves means equal portions of the complete measured batch. For individual pastries, croquettes and breadsticks, divide the stated yield into those servings. Divide all listed sauces, toppings and side dishes between those portions.

## Use cues alongside the clock

Times are estimates. Pan width, food thickness, oven behavior and batch size affect them. Check tenderness, texture and internal temperature. Chilling and resting are listed separately and need extra time.

## Follow the written quantities

Photographs show preparation and serving ideas; they do not establish exact weights, portion counts or doneness. Use the ingredient list and written method when cooking.

## Make a thoughtful substitution

Each recipe includes a practical swap. A substitution can change texture, cooking time, allergens and nutrition. Use a product label when you need brand-specific nutrition.

## Find your next recipe

Click a chapter in the contents, a recipe on its chapter page or a title in the alphabetical finder. Use Contents in the footer to return to the main list.

MEASURE WITH CONFIDENCE

# A useful kind of precision

Metric amounts are the reference. US weights and spoon measures are rounded guides; a kitchen scale gives the most consistent result.

| | |
|---|---|
| **1 US teaspoon** | 5 ml |
| **1 US tablespoon** | 15 ml |
| **1 US cup** | 240 ml, rounded for cooking |
| **1 US fluid ounce** | 29.57 ml |
| **1 ounce, weight** | 28.35 g |
| **1 pound, weight** | 454 g, rounded |

## Weigh in the listed state

Weigh meat and seafood raw unless stated otherwise. Drain canned beans and seafood; retain tomato juices when listed. Follow the stated weight: whole birds and fish include bones that you remove later; trimmed produce is weighed after preparation unless stated otherwise. Flour, grains and cornmeal are dry unless explicitly labeled cooked.

## Measure small amounts sensibly

Use level spoons for fine salt, baking powder and ground spices. Salt grain size changes its volume: the spoon guide assumes fine table salt. Oil and spice spoon values are approximate. Weigh when precision matters.

## A cup is not a universal weight

A cup of flour weighs much less than a cup of yogurt. Flour cup guides depend on the type and how loosely the cup is filled. Do not pack flour. For batter and bread recipes, use the gram amount.

COOK WITH CARE

# Temperature, time and texture

Use a clean food thermometer in the thickest part, avoiding bone and the pan. Color and a browned surface cannot tell you whether the center is ready.

| | |
|---|---|
| **Chicken and turkey** | 74°C / 165°F |
| **Ground beef, pork or lamb** | 71°C / 160°F |
| **Whole-cut beef, pork and lamb** | 63°C / 145°F + 3-minute rest |
| **Fish and shrimp** | 63°C / 145°F |
| **Egg dishes** | 71°C / 160°F |
| **Reheated cooked leftovers** | 74°C / 165°F |

## Cool and store promptly

Refrigerate perishable food within 2 hours, or within 1 hour if the room is hotter than 32°C / 90°F. Divide large batches into shallow containers. Keep the refrigerator at 4°C / 40°F or below; do not wait for a large pot to become completely cold on the counter.

## Take extra care with cooked rice

Cool rice promptly, ideally within 1 hour, and refrigerate in shallow portions. Use within 24 hours and reheat only once, until steaming throughout. Reheating does not undo poor storage.

## Keep raw and ready-to-eat foods apart

Use separate clean tools for raw meat and cold sauces. Do not rinse raw poultry. Wash produce and use pasteurized dairy. Cook egg mixtures to 71°C / 160°F. Keep refrigerator pickles chilled; these recipes do not establish shelf stability or provide canning instructions. Follow seafood supplier instructions. Charcoal grilling belongs outdoors.

GOOD INGREDIENTS

# A pantry with Russian character



## Grains, flour and bread

Buckwheat, pearl barley, millet and rye flour each bring a different texture. Use the specified dry grain. Pearl barley cooks sooner than hulled barley; bread flour gives firmer dough than all-purpose flour.

## Tvorog and sour cream

Choose firm, well-drained 5% tvorog for dumplings and syrniki. Wet cottage cheese needs draining and may change the result. Use pasteurized dairy. Nutrition uses representative 20% sour cream unless otherwise specified.

## Mushrooms, herbs and sharp notes

Cultivated mushrooms and purchased food-grade dried porcini keep shopping straightforward. Dill, parsley, pickles and sauerkraut provide freshness and acidity. Add sour ingredients after potatoes have softened.

## Fish, fruit and everyday baking

Use ready-to-eat herring for cold dishes and inspect fresh fish for pin bones. Keep walnuts fresh and chilled. Honey, poppy seeds, apples, prunes and berry preserves bring familiar flavors to home baking.

A LITTLE PLANNING

# Cook once, enjoy it well

Build a short plan around food you want to eat. A well-stored batch saves time; a refrigerator full of forgotten containers does not.

## Choose two anchors

Pick one salad or soup and one bread or braise. Scale ingredient quantities by the same factor, then use a larger pan or work in batches. Cooking times do not scale in the same way.

## Work in a useful order

Start a braise, dough rise or the oven first. Wash and cut vegetables while it heats. Mix cold sauces with clean tools before handling raw meat or seafood, and refrigerate them while the hot food cooks.

## Portion the complete batch

Divide the finished components evenly before storing. Keep dairy sauces, crisp toppings and toast separate. Mark containers with the recipe and preparation date; follow the shorter storage limit if combining dishes.

## Match the meal to the day

Rice dishes belong early in the plan because of their 24-hour refrigerator limit. Cold salads and dairy dishes often have shorter keeping times. Follow the individual recipe. Freeze suitable soups promptly in individual portions if you need them later.

## Reheat with care

Reheat only the portion needed. Stir microwave-heated food and check the center, not just the edges. Add cold sauce after reheating. Thaw frozen portions in the refrigerator and use promptly.

NUMBERS WITH CONTEXT

# Useful estimates, honest portions

A light cabbage salad, a generous braise and a sweet slice of medovik serve different purposes. Read the portion alongside the numbers and choose the dish for its flavor.

## What the numbers include

Calories, protein, carbohydrate and fat are estimated per serving of the complete listed recipe. Sauces, grains, fruit and measured toppings are included. Extra oil, bread and unlisted garnishes are not. Where water or broth is listed, estimates use water; broth adds nutrients.

## Why your result may differ

Food composition varies with the brand, cut, fat level, draining and portion size. Tvorog, sour cream, meat cuts, mayonnaise and packaged broth can differ substantially. Use the label on the product you buy when the figures need to be more specific.

## What carbohydrate means here

Carbohydrate is total carbohydrate, not net carbohydrate. Values are rounded. Calories may not exactly equal protein x 4 + carbohydrate x 4 + fat x 9 because food data use more detailed energy factors and fiber contributes differently.

## Edible weights and frying fat

Bones, shells and discarded trimmings are excluded using estimated yields. Draining, retained egg wash, unused marinade and absorbed frying oil are estimated. Whole duck and strained fruit drinks have greater uncertainty. These assumptions affect the figures; actual yields can differ.

## Sides and optional additions

Measured additions are counted unless the recipe says otherwise. Unlisted bread, extra cheese and optional garnishes change the meal. Check the allergen note and packaged ingredients; a substitute can change both the figures and the allergens.

CLICK TO EXPLORE

# Ten chapters. A complete kitchen.


01 **SMALL PLATES & APPETIZERS** 10
Recipes 001-010

02 **SALADS & SEASONAL VEGETABLES** 41
Recipes 011-020

03 **SOUPS & BROTHS** 72
Recipes 021-030

04 **YEAST BREADS & SAVORY PIES** 103
Recipes 031-040

05 **DUMPLINGS, PANCAKES & BREAKFAST** 134
Recipes 041-050

06 **STOVETOP MAINS & SLOW COOKING** 165
Recipes 051-060

07 **OVEN, ROASTS & FAMILY SUPPERS** 196
Recipes 061-070

08 **FIRE, GRILL & PICNIC COOKING** 227
Recipes 071-080

09 **POTATOES, GRAINS & EVERYDAY SIDES** 258
Recipes 081-090

10 **SWEET BAKING & DESSERTS** 289
Recipes 091-100

## Sample recipe finder 50


Click a chapter to begin, or choose a recipe from the alphabetical finder. Each recipe occupies three pages: ingredients, method and illustrated preparation.

CHAPTER 01

# SMALL PLATES & APPETIZERS



*Mushrooms, chilled fish, vegetable spreads and little appetizers make a welcoming beginning.*


| | | |
|---|---|---|
| 001 | Mushroom julienne | 11 |
| 002 | Deviled eggs with dill | 14 |
| 003 | Herring and onion plate | 17 |
| 004 | Quick refrigerator cucumber pickles | 20 |
| 005 | Marinated mushrooms, refrigerator style | 23 |
| 006 | Eggplant caviar | 26 |
| 007 | Zucchini caviar | 29 |
| 008 | Garlic cheese spread | 32 |
| 009 | Chicken liver pate | 35 |
| 010 | Forshmak: herring and apple spread | 38 |

RECIPE 001

# Mushroom julienne

Julienne is a familiar hot appetizer on Russian restaurant and celebration menus. Here finely sliced mushrooms are cooked until their moisture evaporates before sour cream and cheese turn them into a rich, spoonable dish.

**Serves 4 / Prep 15 min / Cook 20-25 min / Bake 12-16 min / Rest 5 min**

| 293 kcal | 11 g | 11 g | 24 g |
|---|---|---|---|
| CALORIES | PROTEIN | CARBS | FAT |

ESTIMATED PER SERVING



## Ingredients

**Cremini mushrooms, cleaned**
500 g / 17.6 oz

**Onion, finely diced**
120 g / 4.2 oz

**Unsalted butter**
25 g / 0.9 oz

**Sunflower oil**
15 ml / 0.5 US fl oz

**Sour cream, 20% fat**
180 g / 6.3 oz

**Gouda or similar melting cheese, grated**
100 g / 3.5 oz

**Fine salt**
1/2 tsp, then to taste / about 3.0 g

**Black pepper**
1/4 tsp / about 0.5 g

**Equipment:** Wide skillet, four oven-safe ramekins, tray, grater and spoon.

THE METHOD

# Mushroom julienne

## 01 Prepare the pieces

Slice mushrooms 4 mm / 1/6 inch thick and finely chop the onion. Grate the cheese. Heat the oven to 190°C / 375°F conventional, or 170°C / 340°F fan. Set four 200 ml / 7 fl oz oven-safe ramekins on a tray.

## 02 Soften the onion

Heat butter and oil in a wide skillet over medium heat. Add onion and cook 6-8 minutes, stirring, until soft with only light color. Lower the heat if the butter starts to darken.

## 03 Evaporate the mushroom liquid

Add mushrooms and salt. Increase to medium-high and cook 10-14 minutes, stirring occasionally. First they release liquid; continue until it has evaporated and the mushrooms begin to brown. A crowded narrow pan takes longer.

## 04 Make a creamy filling

Lower the heat. Stir in sour cream and pepper and warm gently for 2 minutes. Do not boil vigorously. Taste for salt; the cheese will add more. The filling should cling to a spoon rather than resemble soup.

## 05 Divide and bake

Spoon into the ramekins and spread cheese evenly across the tops. Bake 12-16 minutes until the filling bubbles at the edges and the cheese is melted and lightly golden. Keep dishes level when removing them.

## 06 Rest before serving

Let stand for 5 minutes; the filling remains very hot beneath the crust. Serve the ramekins on plates with spoons. For a larger shared dish, use a shallow 18 cm / 7 inch baking dish and allow a few extra minutes.

COOK'S NOTE

A dry mushroom base prevents the sour cream sauce from becoming watery. Use oven-safe ramekins, not decorative cups.

ILLUSTRATED PREPARATION

# Mushroom julienne



**01** / Thinly slice cleaned mushrooms and dice the onion.



**02** / Cook mushrooms in a wide skillet until their released liquid evaporates.



**03** / Divide creamy mushrooms between ramekins and cover with grated cheese.



**04** / Bake until the cheese melts into a lightly golden crust.

**Make it your own:** Use button mushrooms instead of cremini; brown them thoroughly before adding the cream.

**Storage:** Refrigerate within 2 hours (1 hour above 32°C / 90°F) in a shallow covered container at 4°C / 40°F or colder. Use within 3 days.

**Allergens:** milk. Check labels on packaged ingredients and any substitutes.

CHAPTER 02

# SALADS & SEASONAL VEGETABLES



*Crisp vegetables and carefully layered chilled salads offer freshness and familiar comfort.*


011 Olivier salad 42

012 Vinegret: beet and vegetable salad 45

013 Herring under a fur coat 48

014 Mimosa salad 51

015 Fresh cabbage and cucumber salad 54

016 Tomato and cucumber salad with sour cream 57

017 Beet salad with walnuts and prunes 60

018 Carrot and garlic salad 63

019 Radish and egg salad 66

020 Green bean and mushroom salad, home style 69

RECIPE 011

# Olivier salad

Olivier has many Russian and wider post-Soviet family versions. This generous home salad uses cooked ham, potatoes, eggs, peas and pickles, dressed lightly enough to keep every piece recognizable.

**Serves 6 / Prep 30 min / Cook 30 min / Cool 1 h / Chill 1 h**

| 309 kcal | 15 g | 20 g | 19 g |
|---|---|---|---|
| CALORIES | PROTEIN | CARBS | FAT |

ESTIMATED PER SERVING



## Ingredients

**Waxy potatoes, unpeeled**
450 g / 15.9 oz

**Carrots, unpeeled**
200 g / 7.0 oz

**Large eggs**
3 (about 150 g / 5.3 oz without shells)

**Fully cooked lean ham, ready to eat**
250 g / 8.8 oz

**Dill pickles, drained**
150 g / 5.3 oz

**Canned peas, drained**
160 g / 5.6 oz

**Mayonnaise, commercially prepared**
100 g / 3.5 oz

**Sour cream, 20% fat**
40 g / 1.4 oz

**Fresh dill, chopped**
5 g / 0.2 oz

**Fine salt**
1/4 tsp, if needed / about 1.5 g

**Black pepper**
1/4 tsp / about 0.5 g

**Equipment:** Two saucepans, knife, board and large bowl.

THE METHOD

# Olivier salad

## 01 Cook firm vegetables

Cover potatoes and carrots with cold water in a saucepan. Bring to a simmer and cook 20-30 minutes until a knife enters easily but the vegetables hold together. Lift each out when ready; carrots may finish earlier.

## 02 Cook and cool eggs

Simmer eggs separately for 10-11 minutes, then cool in ice water. Drain vegetables, cool briefly, peel and refrigerate in a shallow container. All cooked components must be cold before mayonnaise is added; chill within 2 hours.

## 03 Cut even dice

Cut cooled potatoes, carrots, eggs, ham and pickles into 6 mm / 1/4 inch dice. Use separate clean boards for ready-to-eat foods and avoid pressing soft potatoes into mash. Drain peas and pickles well.

## 04 Make the dressing

Mix mayonnaise, sour cream and pepper in a large bowl. Taste a pickle and a piece of ham before adding salt. These ingredients vary substantially in seasoning, so the listed salt is only a starting allowance.

## 05 Fold gently

Add diced ingredients, peas and dill. Fold with a broad spoon until coated, lifting from the bottom instead of stirring forcefully. The dressing should bind the salad rather than collect as a puddle.

## 06 Chill and serve

Cover and chill for 1 hour, then stir once gently and taste. Serve in a chilled bowl. For a long gathering, set out a small portion and replenish from the refrigerator rather than leaving the whole batch warm.

COOK'S NOTE

Dry, cold ingredients are the key to a salad that holds its shape.

ILLUSTRATED PREPARATION

# Olivier salad



**01** / Cook potatoes and carrots until tender but firm.



**02** / Dice cooled vegetables, ham, eggs and pickles evenly.



**03** / Fold the small dice and peas through a creamy dressing.



**04** / Chill and serve Olivier with a little chopped dill.

**Make it your own:** Use fully cooked chicken instead of ham in the same weight.

**Storage:** Keep at 4°C / 40°F or colder and use within 2 days. Do not freeze.

**Allergens:** egg, milk. Check labels on packaged ingredients and any substitutes.

CHAPTER 03

# SOUPS & BROTHS



*Gentle broths, cabbage, beets, barley and pickles make generous bowls to share.*


| | | |
|---|---|---|
| 021 | Beef borscht, Russian home style | 73 |
| 022 | Fresh cabbage shchi | 76 |
| 023 | Sauerkraut shchi | 79 |
| 024 | Solyanka: smoked meat and pickle soup | 82 |
| 025 | Rassolnik: pickle and barley soup | 85 |
| 026 | Ukha: clear fish soup | 88 |
| 027 | Chicken noodle soup | 91 |
| 028 | Mushroom and barley soup | 94 |
| 029 | Split pea soup with smoked pork | 97 |
| 030 | Okroshka with kefir | 100 |

RECIPE 021

# Beef borscht, Russian home style

Borscht is deeply associated with Ukrainian cooking and is also widely made in Russian and other eastern European households. This Russian home-style beef version builds a gentle broth and cooks the beet separately to preserve its color.

**Serves 6 / Prep 30 min / Cook 2-2 1/2 h / Rest 15 min**

| 350 kcal | 23 g | 23 g | 19 g |
|---|---|---|---|
| CALORIES | PROTEIN | CARBS | FAT |

ESTIMATED PER SERVING



## Ingredients

**Boneless beef chuck, cut into 3 cm / 1 inch cubes**
600 g / 21.2 oz

**Water**
2200 ml / 74.4 US fl oz

**Beets, peeled and coarsely grated**
350 g / 12.3 oz

**White cabbage, shredded**
250 g / 8.8 oz

**Potatoes, peeled and diced**
300 g / 10.6 oz

**Onion, finely diced**
120 g / 4.2 oz

**Carrot, grated**
120 g / 4.2 oz

**Sunflower oil**
30 ml / 1.0 US fl oz

**Tomato paste**
30 g / 1.1 oz

**Apple cider vinegar, 5% acidity**
15 ml / 0.5 US fl oz

**Sugar**
1 tsp / about 4.0 g

**Garlic, minced**
2 cloves (about 6 g / 0.2 oz)

**Bay leaf**
1 (about 0.2 g)

**Fine salt**
1 1/2 tsp, then to taste / about 9.0 g

**Black pepper**
1/4 tsp / about 0.5 g

**Fresh dill, chopped**
10 g / 0.3 oz

**Sour cream, 20% fat, to serve**
90 g / 3.2 oz

**Equipment:** 5 L / 5 qt pot, skillet, grater and ladle.

THE METHOD

# Beef borscht, Russian home style

## 01 Start a gentle broth

Put beef and water in a 5 L / 5 qt pot. Bring slowly to a simmer, skim foam, then add bay leaf and half the salt. Partly cover and cook 75-100 minutes until beef is nearly tender. Avoid a rolling boil.

## 02 Soften onion and carrot

While beef cooks, heat half the oil in a skillet. Cook onion and carrot over medium heat 7-9 minutes. Transfer to a bowl. Prepare potatoes and cabbage, keeping potatoes in cold water until needed, then drain.

## 03 Cook the beets separately

Heat remaining oil in the skillet. Add beet, tomato paste, vinegar, sugar and 120 ml / 4 US fl oz broth drawn from the soup. Cover and cook gently 15-20 minutes, stirring, until beet strands are nearly tender.

## 04 Add potatoes and cabbage

When beef is nearly tender, add drained potatoes and simmer 10 minutes. Add cabbage and cooked onion-carrot mixture and cook 10-15 minutes more until potatoes and cabbage are tender. Top up only if excessively concentrated.

## 05 Finish without hard boiling

Add cooked beet mixture and simmer gently 5 minutes. Stir in garlic, pepper, dill and remaining salt as needed. Taste for sweet-sour balance. The beef should separate easily under a fork; cook longer before this stage if still tough.

## 06 Rest and serve

Remove bay leaf, cover and rest off the heat for 15 minutes. Ladle vegetables, broth and beef into bowls and add sour cream individually. To save leftovers, divide promptly into shallow containers rather than leaving the full pot to cool overnight.

COOK'S NOTE

Acid is added to the beet pan, while potatoes soften first in the main pot.

ILLUSTRATED PREPARATION

# Beef borscht, Russian home style



**01** / Simmer cubed beef gently and skim the broth.



**02** / Cook grated beet with tomato paste and vinegar in a separate skillet.



**03** / Add potato, cabbage and softened vegetables to the tender beef broth.



**04** / Finish the ruby soup with dill and a spoonful of sour cream.

**Make it your own:** Use beef shin instead of chuck in the same boneless weight; simmer until fork-tender.

**Storage:** Refrigerate within 2 hours (1 hour above 32°C / 90°F) in a shallow covered container at 4°C / 40°F or colder. Use within 3 days.

**Allergens:** milk. Check labels on packaged ingredients and any substitutes.

CHAPTER 04

# YEAST BREADS & SAVORY PIES



*Rise, fill, seal and bake golden pirozhki, savory pies and everyday bread.*


| | | |
|---|---|---|
| 031 | Baked meat pirozhki | 104 |
| 032 | Cabbage and egg pirozhki | 107 |
| 033 | Potato and mushroom pirozhki | 110 |
| 034 | Fried potato pirozhki | 113 |
| 035 | Kulebyaka with salmon and rice | 116 |
| 036 | Kurnik: chicken and mushroom pie | 119 |
| 037 | Rasstegai: open fish pies | 122 |
| 038 | Savory cabbage pie | 125 |
| 039 | Wheat-rye bread, home style | 128 |
| 040 | Bubliki: boiled bread rings | 131 |

RECIPE 031

# Baked meat pirozhki

Pirozhki are small filled pies shared across Russian and neighboring kitchens. This baked home version uses a soft milk dough and a fully cooked beef filling, so the shaping stage is easy to manage.

**Makes 12; serves 6 / Prep 45 min / Rise 85-125 min / Cook filling 15-20 min / Bake 22-28 min / Rest 10 min**

| 531 kcal | 24 g | 59 g | 21 g |
|---|---|---|---|
| CALORIES | PROTEIN | CARBS | FAT |

ESTIMATED PER SERVING



## Ingredients

**All-purpose flour, for dough**
400 g / 14.1 oz

**Whole milk, lukewarm, 35°C / 95°F**
220 ml / 7.4 US fl oz

**Large egg, for dough**
1 (about 50 g / 1.8 oz without shells)

**Instant yeast**
5 g / about 1 1/2 tsp

**Sugar**
15 g / 0.5 oz

**Fine salt, for dough**
5 g / 0.2 oz

**Unsalted butter, melted and cooled**
35 g / 1.2 oz

**Flour for dusting**
20 g / 0.7 oz

**Large egg, beaten for brushing**
1 (about 50 g / 1.8 oz without shells)

**Ground beef, 15% fat, for filling**
450 g / 15.9 oz

**Onion, finely diced, for filling**
150 g / 5.3 oz

**Sunflower oil, for filling**
15 ml / 0.5 US fl oz

**Water, for filling**
40 ml / 1.4 US fl oz

**Fine salt, for filling**
3/4 tsp / about 4.5 g

**Black pepper**
1/4 tsp / about 0.5 g

**Equipment:** Bowl, skillet, rolling pin, tray, brush, rack and thermometer.

THE METHOD

# Baked meat pirozhki

## 01 Mix and knead the dough

Mix 400 g / 14.1 oz flour, yeast, sugar and dough salt in a bowl. Add lukewarm milk, the dough egg and cooled melted butter. Knead 8-10 minutes until smooth and elastic. Keep the extra dusting flour separate and use sparingly.

## 02 Let it rise

Cover the bowl and leave in a warm draft-free place for 60-90 minutes, until approximately doubled. Prepare filling during this rise, then cool it in a shallow container. Hot filling weakens the dough and makes seams harder to seal.

## 03 Cook the filling

Heat oil in a skillet and cook onion 7 minutes. Add beef, filling salt and pepper; break into small pieces and cook 7-9 minutes until no pink remains and the center reaches 71°C / 160°F. Stir in water and reduce until moist but not wet. Cool promptly.

## 04 Fill and proof

Divide dough into twelve equal pieces, about 60 g / 2 oz each. Roll each into a 12 cm / 4 3/4 inch oval. Divide cold filling evenly, bring edges together and pinch firmly. Place seam-down on a lined tray and cover for 25-35 minutes until puffy.

## 05 Brush and bake

Heat oven to 190°C / 375°F conventional, or 170°C / 340°F fan. Brush with beaten brushing egg; do not pour unused wash onto the tray. Bake 22-28 minutes until evenly golden and the filling centers reach 74°C / 165°F.

## 06 Rest and serve

Move to a rack and rest 10 minutes before opening. The filling stays hot even when the crust feels comfortable. Serve warm. Refrigerate filled leftovers within 2 hours, and reheat to 74°C / 165°F before serving again.

COOK'S NOTE

A cool, finely broken filling makes better seams than hot coarse pieces.

ILLUSTRATED PREPARATION

# Baked meat pirozhki



**01** / Knead a smooth milk dough and let it rise.



**02** / Cook ground beef and onion, then cool the filling.



**03** / Fill dough ovals with cooled beef, pinch closed and proof seam-down.



**04** / Brush with egg and bake golden oval meat pirozhki.

**Make it your own:** Use ground pork instead of beef with a similar fat level; cook the filling to 71°C / 160°F.

**Storage:** Refrigerate within 2 hours (1 hour above 32°C / 90°F) in a shallow covered container at 4°C / 40°F or colder. Use within 3 days.

**Allergens:** egg, milk, wheat/gluten. Check labels on packaged ingredients and any substitutes.

CHAPTER 05

# DUMPLINGS, PANCAKES & BREAKFAST



*Fold dumplings, turn thin blini and make tender tvorog breakfasts with care.*


041 Siberian-style pelmeni 135

042 Potato vareniki 138

043 Cherry vareniki 141

044 Lazy tvorog dumplings 144

045 Thin blini 147

046 Yeast blini 150

047 Fluffy kefir oladyi 153

048 Syrniki: tvorog pancakes 156

049 Baked tvorog casserole 159

050 Buckwheat kasha with mushrooms 162

RECIPE 041

# Siberian-style pelmeni

Pelmeni are closely associated with the Urals and Siberia and are now familiar throughout Russia. This home batch combines beef and pork in thin dough; each crescent is folded into the characteristic compact ring.

**Makes about 80; serves 6 / Prep and shape 75 min / Rest dough 45 min / Boil 28-40 min in 4 batches**

| 547 kcal | 23 g | 54 g | 25 g |
|---|---|---|---|
| CALORIES | PROTEIN | CARBS | FAT |

ESTIMATED PER SERVING



## Ingredients

**All-purpose flour, for dough**
400 g / 14.1 oz

**Water, room temperature, for dough**
200 ml / 6.8 US fl oz

**Large egg, for dough**
1 (about 50 g / 1.8 oz without shells)

**Fine salt, for dough**
6 g / 0.2 oz

**Sunflower oil, for dough**
10 ml / 0.3 US fl oz

**Flour for rolling**
25 g / 0.9 oz

**Ground beef, about 15% fat**
250 g / 8.8 oz

**Ground pork, about 20% fat**
250 g / 8.8 oz

**Onion, very finely grated**
100 g / 3.5 oz

**Cold water, for filling**
50 ml / 1.7 US fl oz

**Fine salt, for filling**
6 g / 0.2 oz

**Black pepper**
1/2 tsp / about 0.9 g

**Water, for boiling**
3000 ml / 101.4 US fl oz

**Fine salt, for boiling**
2 tsp / about 12.0 g

**Unsalted butter, to serve**
30 g / 1.1 oz

**Sour cream, 20% fat, to serve**
100 g / 3.5 oz

**Equipment:** Bowl, rolling pin, 6 cm cutter, tray, wide pot, slotted spoon and thermometer.

THE METHOD

# Siberian-style pelmeni

## 01 Make a firm dough

Mix dough flour and dough salt. Beat egg with the dough water and oil, add and knead 10 minutes until smooth and firm. Cover tightly and rest 45 minutes. Do not confuse the 200 ml dough water with the separate 50 ml filling water.

## 02 Mix and chill filling

Combine both meats, finely grated onion, filling salt and pepper. Add cold filling water gradually and stir until cohesive. Cover and keep at 4°C / 40°F or colder while rolling; raw filling should never sit beside a warm stove.

## 03 Roll small circles

Divide dough into four and keep unused portions covered. Roll about 1.5-2 mm / 1/16 inch thick, using rolling flour sparingly. Cut 6 cm / 2 1/2 inch circles. Gather scraps once, rest them covered 10 minutes and reroll.

## 04 Fill and fold rings

Place about 8 g / a generous teaspoon filling in each circle. Fold into a crescent, expel air and pinch the dry edges firmly. Bring the two crescent tips together and pinch into a compact ring. Keep shaped pieces on a lightly floured tray.

## 05 Boil in batches

Bring boiling water and its salt to a boil in a wide pot. Add about twenty dumplings, stir gently once and keep at a steady simmer. Cook 7-10 minutes after adding, allowing the pot to recover; floating alone does not prove meat is done.

## 06 Check and serve

Probe the filling of a test dumpling from the side: it must reach 71°C / 160°F. Cook longer if necessary. Lift with a slotted spoon and toss with butter. Serve sour cream separately and warn guests that the juices are hot.

COOK'S NOTE

Cook one test dumpling before shaping the whole batch to check seam strength and seasoning.

ILLUSTRATED PREPARATION

# Siberian-style pelmeni



**01** / Knead and rest a firm egg-and-water dough.



**02** / Mix chilled beef, pork, finely grated onion and measured filling water.



**03** / Fold filled circles into sealed crescents, then pinch the tips into rings.



**04** / Boil small ring-shaped pelmeni and serve with sour cream.

**Make it your own:** Use all beef or all pork of a similar fat level; the filling must still reach 71°C / 160°F.

**Storage:** Freeze raw dumplings in a single layer, then bag for up to 2 months. Boil from frozen and verify 71°C / 160°F. Refrigerate cooked leftovers promptly and use within 2 days; reheat to 74°C / 165°F.

**Allergens:** egg, milk, wheat/gluten. Check labels on packaged ingredients and any substitutes.

CHAPTER 06

# STOVETOP MAINS & SLOW COOKING



*Attentive skillet cooking and patient simmering bring satisfying family meals to the table.*


| | | |
|---|---|---|
| 051 | Beef Stroganoff | 166 |
| 052 | Pozharsky chicken cutlets | 169 |
| 053 | Beef and pork kotleti | 172 |
| 054 | Tefteli: meatballs with rice | 175 |
| 055 | Golubtsy: stuffed cabbage rolls | 178 |
| 056 | Lazy golubtsy | 181 |
| 057 | Gulyash, Russian home style | 184 |
| 058 | Beef and prunes, home style | 187 |
| 059 | Chicken in sour cream sauce | 190 |
| 060 | Liver with onions and sour cream | 193 |

RECIPE 051

# Beef Stroganoff

Beef Stroganoff is a Russian classic with many later international variations. This home version uses a tender steak cut and a short cooking time; inexpensive stewing beef cannot be substituted without changing the method.

**Serves 4 / Prep 20 min / Cook 20-25 min / Rest 3 min**

| 524 kcal | 37 g | 11 g | 37 g |
|---|---|---|---|
| CALORIES | PROTEIN | CARBS | FAT |

ESTIMATED PER SERVING



## Ingredients

**Beef sirloin steak, trimmed**
650 g / 22.9 oz

**Cremini mushrooms, sliced**
250 g / 8.8 oz

**Onion, thinly sliced**
150 g / 5.3 oz

**Sunflower oil**
20 ml / 0.7 US fl oz

**Unsalted butter**
20 g / 0.7 oz

**All-purpose flour**
10 g / 0.3 oz

**Low-sodium beef stock**
200 ml / 6.8 US fl oz

**Full-fat sour cream, 20% fat**
150 g / 5.3 oz

**Dijon mustard**
1 tsp / about 5.0 g

**Fine salt**
3/4 tsp, divided / about 4.5 g

**Black pepper**
1/2 tsp / about 0.9 g

**Fresh parsley, chopped**
5 g / 0.2 oz

**Equipment:** Wide skillet, board, knife, bowl and thermometer.

THE METHOD

# Beef Stroganoff

## 01 Slice across the grain

Chill steak briefly for easier slicing. Cut across the muscle grain into strips about 5 mm / 1/4 inch thick and pat dry. Keep refrigerated until cooking. Mix sour cream and mustard in a bowl; use full-fat sour cream to reduce curdling.

## 02 Sear in small batches

Heat oil in a wide skillet over high heat. Season beef with half the salt and sear in two or three uncrowded batches, about 45-60 seconds per side. Remove to a plate promptly; cooking all the meat in one crowded pan makes it steam.

## 03 Cook the vegetables

Reduce to medium. Add butter and onion to the same pan and soften 5 minutes. Add mushrooms and cook 6-8 minutes until their liquid evaporates and the edges color. Scrape up browned juices without burning them.

## 04 Build the sauce

Sprinkle flour over vegetables and stir 1 minute. Pour in stock gradually, stirring out lumps. Simmer 3-4 minutes until lightly thickened. Add remaining salt and pepper, tasting before adding extra salt to a purchased stock.

## 05 Temper the sour cream

Turn heat to low. Stir several spoonfuls hot sauce into the sour cream mixture, then fold it into the pan. Keep below a boil so the dairy stays smooth. Return beef and collected juices only once the sauce is ready.

## 06 Finish briefly and serve

Warm beef gently 1-2 minutes. Check the thickest strip reaches at least 63°C / 145°F, then rest off heat 3 minutes. Scatter parsley and serve promptly. Prolonged simmering tightens this tender cut; rice, noodles or mash are separate accompaniments.

COOK'S NOTE

Choose sirloin or another tender steak cut; this is not a slow braise.

ILLUSTRATED PREPARATION

# Beef Stroganoff



**01** / Slice tender beef across the grain into thin strips.



**02** / Sear beef in uncrowded batches and remove.



**03** / Cook mushrooms and onion, then thicken measured stock.



**04** / Fold in tempered sour cream and briefly warm beef in the sauce.

---

**Make it your own:** Use tender strip steak instead of sirloin; slice across the grain.

**Storage:** Refrigerate within 2 hours (1 hour above 32°C / 90°F) in a shallow covered container at 4°C / 40°F or colder. Use within 3 days.

**Allergens:** milk, mustard, wheat/gluten. Check labels on packaged ingredients and any substitutes.

CHAPTER 07

# OVEN, ROASTS & FAMILY SUPPERS



*Roasts, stuffed peppers, fish and oven bakes reward good timing and gentle resting.*


| | | |
|---|---|---|
| 061 | Zharkoye: beef and potato roast | 197 |
| 062 | Chicken roasted with potatoes | 200 |
| 063 | Duck with apples | 203 |
| 064 | Fish baked with sour cream | 206 |
| 065 | Stuffed peppers with meat and rice | 209 |
| 066 | Potato zapekanka with meat | 212 |
| 067 | Buckwheat and chicken tray bake | 215 |
| 068 | Mushrooms baked in sour cream | 218 |
| 069 | Potatoes with cheese and dill | 221 |
| 070 | Buzhenina: roast pork | 224 |

RECIPE 061

# Zharkoye: beef and potato roast

Zharkoye is a Russian meat-and-potato family dish with many pot and oven versions. Here the beef is given a head start before potatoes are added, so tough chuck can become tender without reducing the potatoes to mash.

**Serves 6 / Prep 25 min / Brown and simmer 20 min / Bake 2-2 3/4 h / Rest 10 min**

| 463 kcal | 35 g | 34 g | 21 g |
|---|---|---|---|
| CALORIES | PROTEIN | CARBS | FAT |

ESTIMATED PER SERVING



## Ingredients

**Beef chuck, trimmed, cubed**
900 g / 31.8 oz

**Potatoes, peeled, 4 cm / 1 1/2 inch chunks**
900 g / 31.8 oz

**Onion, diced**
200 g / 7.0 oz

**Carrot, thickly sliced**
200 g / 7.0 oz

**Sunflower oil**
25 ml / 0.8 US fl oz

**Low-sodium beef stock**
700 ml / 23.7 US fl oz

**Bay leaves**
2 (about 0.4 g)

**Fine salt**
1 tsp / about 6.0 g

**Black pepper**
1/2 tsp / about 0.9 g

**Fresh dill, chopped**
8 g / 0.3 oz

**Equipment:** Heavy oven-safe lidded pot, knife and fork.

THE METHOD

# Zharkoye: beef and potato roast

01 **Prepare the oven and beef**

Heat oven to 170°C / 340°F conventional, or 150°C / 300°F fan. Pat beef dry. Heat oil in a heavy oven-safe pot and brown beef in three batches over medium-high heat. Remove briefly to a plate.

02 **Build the base**

Reduce to medium and soften onion and carrot 7 minutes in the same pot. Return beef and juices, then add stock, bay, salt and pepper. Scrape up brown bits and bring to a simmer.

03 **Give beef a head start**

Cover tightly and place in the oven for 75-100 minutes. Check halfway that liquid has not dried out. Beef should be starting to yield to a fork but need a little more time before potatoes join it.

04 **Add the potatoes**

Peel and cut potatoes while beef cooks, keeping them in cold water briefly if needed. Drain and fold into the pot. Liquid should reach about halfway up the contents; add a little hot water if necessary and replace the lid.

05 **Finish the roast**

Bake another 40-55 minutes until beef is fork-tender and a knife enters potatoes easily. Uncover for 10 minutes if the broth needs reduction. Stir sparingly so the tender potatoes retain their shape.

06 **Rest and serve**

Remove bay leaves and rest covered 10 minutes. Taste broth and add dill before portioning. Serve meat, potatoes and vegetables together with their juices. Cool leftovers in shallow containers promptly rather than in the deep cooking pot.

COOK'S NOTE

Add potatoes only after the meat begins to soften; different beef cuts take different times.

ILLUSTRATED PREPARATION

# Zharkoye: beef and potato roast



**01** / Brown dry beef cubes in an oven-safe pot.



**02** / Add onion, carrot and measured stock for the first braise.



**03** / Fold large potato chunks into partly tender beef.



**04** / Finish covered in the oven and serve zharkoye with dill.

**Make it your own:** Use beef shin instead of chuck and judge tenderness before adding potatoes.

**Storage:** Refrigerate within 2 hours (1 hour above 32°C / 90°F) in a shallow covered container at 4°C / 40°F or colder. Use within 3 days.

**Allergens:** No common major allergens in the listed base ingredients. Check labels on packaged ingredients and any substitutes.

CHAPTER 08

# FIRE, GRILL & PICNIC COOKING



*Cook outdoors over settled heat and use temperature and tenderness to guide the fire.*


| | | |
|---|---|---|
| 071 | Pork shashlik | 228 |
| 072 | Chicken thigh shashlik | 231 |
| 073 | Lamb shashlik | 234 |
| 074 | Grilled salmon with dill, home style | 237 |
| 075 | Grilled mackerel with lemon | 240 |
| 076 | Grilled mushroom skewers | 243 |
| 077 | Ember-baked potatoes | 246 |
| 078 | Grilled zucchini with garlic sour cream | 249 |
| 079 | Grilled pork chops with mustard, home style | 252 |
| 080 | Picnic chicken wings with garlic | 255 |

RECIPE 071

# Pork shashlik

Shashlik has Caucasian and wider regional roots and became deeply familiar in Russian picnic cooking. This pork-neck version uses onion and a modest amount of vinegar; a very acidic overnight soak is unnecessary.

**Serves 4 / Prep 25 min / Marinate 4-8 h / Grill 15-20 min / Rest 5 min**

| 549 kcal | 39 g | 0 g | 42 g |
|---|---|---|---|
| CALORIES | PROTEIN | CARBS | FAT |

ESTIMATED PER SERVING



## Ingredients

**Boneless pork neck or collar**
900 g / 31.8 oz

**Onion, thinly sliced**
300 g / 10.6 oz

**Sunflower oil**
15 ml / 0.5 US fl oz

**Apple cider vinegar, 5% acidity**
20 ml / 0.7 US fl oz

**Water**
40 ml / 1.4 US fl oz

**Fine salt**
9 g / 0.3 oz

**Black pepper**
1 tsp / about 1.8 g

**Ground coriander seed**
1/2 tsp / about 0.9 g

**Equipment:** Bowl, metal skewers, outdoor grill, tongs and thermometer.

THE METHOD

# Pork shashlik

01 **Cut evenly sized meat**

Trim only thick tough seams, retaining marbling. Cut pork into 3 cm / 1 1/4 inch cubes of similar size. Use collar or neck rather than lean tenderloin for this picnic-style skewer.

02 **Marinate chilled**

Squeeze onion with salt until juicy, then mix with oil, vinegar, water, pepper and coriander. Coat pork thoroughly, cover and refrigerate 4-8 hours at 4°C / 40°F or colder. Acid adds flavor; it does not make raw meat safe.

03 **Prepare a two-zone fire**

Use an outdoor charcoal or gas grill. Let charcoal become ash-covered embers without flames and leave a cooler zone beside the cooking area. Clean the grate and keep a clean cooked-food plate and thermometer ready. Never use charcoal indoors.

04 **Thread without packing**

Lift pork from marinade and remove clinging onion that would scorch. Thread onto four to six metal skewers with tiny gaps. Discard used marinade; do not use it as a finishing sauce or brush it onto cooked pork.

05 **Grill and turn**

Cook over medium-high steady embers 15-20 minutes, turning to color all sides. Move to the cooler zone if fat causes flare-ups. Probe a thick cube from the side without touching the skewer: whole pork must reach at least 63°C / 145°F.

06 **Rest before serving**

Transfer to a clean plate and rest at least 3 minutes, preferably 5. Remove from hot skewers carefully. Serve promptly with separately prepared sides, keeping raw-meat utensils away from finished food.

COOK'S NOTE

Onion supplies flavor and moisture; excess vinegar can make the outside harsh.

ILLUSTRATED PREPARATION

# Pork shashlik



**01** / Cut marbled pork into even cubes.



**02** / Squeeze onion with measured salt and coat pork in the chilled marinade.



**03** / Remove loose onion and thread pork onto metal skewers.



**04** / Grill above steady embers, check the center and rest on a clean plate.

**Make it your own:** Use pork shoulder with good marbling instead of collar; trim tough connective tissue.

**Storage:** Refrigerate within 2 hours (1 hour above 32°C / 90°F) in a shallow covered container at 4°C / 40°F or colder. Use within 3 days.

**Allergens:** No common major allergens in the listed base ingredients. Check labels on packaged ingredients and any substitutes.

CHAPTER 09

# POTATOES, GRAINS & EVERYDAY SIDES



*Potatoes, grains, vegetables and mushroom gravy make versatile everyday companions.*


| | | |
|---|---|---|
| 081 | Pan-fried potatoes with onions | 259 |
| 082 | Potato draniki | 262 |
| 083 | Mashed potatoes with sour cream | 265 |
| 084 | Braised cabbage | 268 |
| 085 | Buckwheat with onions and carrots | 271 |
| 086 | Millet porridge with pumpkin | 274 |
| 087 | Rice porridge with milk | 277 |
| 088 | Pearl barley with mushrooms | 280 |
| 089 | Stewed beets with sour cream | 283 |
| 090 | Mushroom gravy | 286 |

RECIPE 081

# Pan-fried potatoes with onions

Pan-fried potatoes are a familiar Russian home side. Dry surfaces, a wide pan and restraint with stirring help form golden edges; onion goes in after the first potato browning so it does not burn.

**Serves 4 / Prep 15 min / Cook 25-30 min**

| 271 kcal | 5 g | 39 g | 11 g |
|---|---|---|---|
| CALORIES | PROTEIN | CARBS | FAT |

ESTIMATED PER SERVING



## Ingredients

**Potatoes, peeled**
800 g / 28.2 oz

**Onion, thinly sliced**
180 g / 6.3 oz

**Sunflower oil**
35 ml / 1.2 US fl oz

**Unsalted butter**
15 g / 0.5 oz

**Fine salt**
3/4 tsp / about 4.5 g

**Black pepper**
1/4 tsp / about 0.5 g

**Fresh dill, chopped**
5 g / 0.2 oz

**Equipment:** Knife, towel, wide skillet and spatula.

THE METHOD

# Pan-fried potatoes with onions

01 **Cut and remove surface starch**

Cut potatoes into 7 mm / 1/4 inch thick half-moons or short sticks of similar size. Rinse briefly in cold water, drain and dry very thoroughly on a clean towel. Wet potatoes spit in hot oil and steam instead of browning.

02 **Heat a wide skillet**

Heat oil over medium-high heat in a 28-30 cm / 11-12 inch skillet. Add potatoes in a shallow layer. If your pan is smaller, divide the recipe between two pans; a deep pile will not develop the same golden surfaces.

03 **Let a crust form**

Cook 5-6 minutes without constant stirring, then turn broad sections with a spatula. Continue 7-9 minutes, turning every few minutes. Reduce heat if the surfaces darken while centers remain hard.

04 **Add onion later**

Fold in onion and butter, lower to medium and cook 8-10 minutes, turning gently. If potatoes are still firm, cover for 3 minutes to soften, then uncover so trapped moisture can evaporate.

05 **Check and season**

Pierce several thick pieces with a knife; there should be no raw resistance. Add salt and pepper near the end and toss gently. Cook uncovered 2-3 minutes more if surfaces need drying.

06 **Finish and serve**

Scatter dill and serve promptly, lifting from the pan rather than leaving potatoes to steam under a tight lid. Refrigerate leftovers promptly; reheating makes them warm but less crisp than freshly cooked.

COOK'S NOTE

A broad pan and dry potato surfaces do more for browning than frequent stirring.

ILLUSTRATED PREPARATION

# Pan-fried potatoes with onions



**01** / Rinse evenly cut potatoes and dry thoroughly.



**02** / Spread potatoes in a wide hot skillet.



**03** / Brown with occasional turning, then add onion and butter.



**04** / Check tender centers, season and finish with dill.

---

**Make it your own:** Use a neutral rapeseed oil instead of sunflower oil.

**Storage:** Refrigerate within 2 hours (1 hour above 32°C / 90°F) in a shallow covered container at 4°C / 40°F or colder. Use within 3 days.

**Allergens:** milk. Check labels on packaged ingredients and any substitutes.

CHAPTER 10

# SWEET BAKING & DESSERTS



*Honey layers, buttery pastries, fruit drinks and simple cakes finish the table with sweetness.*


| | | |
|---|---|---|
| 091 | Medovik: honey layer cake | 290 |
| 092 | Napoleon cake, home style | 293 |
| 093 | Apple sharlotka | 296 |
| 094 | Tula-style filled gingerbread | 299 |
| 095 | Poppy seed yeast roll | 302 |
| 096 | Sweet tvorog vatrushki | 305 |
| 097 | Walnut rogaliki | 308 |
| 098 | Kartoshka: chocolate biscuit cakes | 311 |
| 099 | Berry kissel | 314 |
| 100 | Dried-fruit kompot | 317 |

RECIPE 091

# Medovik: honey layer cake

Medovik is a beloved honey-layer cake in Russia and several neighboring cuisines. This home version uses thin individually baked layers and a sour-cream filling; an overnight chill is part of the recipe, not an optional shortcut.

**Serves 12; 22 cm / 8 1/2 inch cake / Prep 75 min / Bake 40-55 min in batches / Cool 40 min / Chill 8-12 h**

| 484 kcal | 7 g | 59 g | 25 g |
|---|---|---|---|
| CALORIES | PROTEIN | CARBS | FAT |

ESTIMATED PER SERVING



## Ingredients

**All-purpose flour, for dough**
400 g / 14.1 oz

**Flour for rolling**
40 g / 1.4 oz

**Honey**
120 g / 4.2 oz

**Sugar, for dough**
150 g / 5.3 oz

**Unsalted butter, for dough**
80 g / 2.8 oz

**Large eggs, for dough**
2 (about 100 g / 3.5 oz without shells)

**Baking soda**
1 tsp / about 4.6 g

**Fine salt**
1/4 tsp / about 1.5 g

**Full-fat thick sour cream, 20% fat, chilled, for filling**
800 g / 28.2 oz

**Heavy whipping cream, about 36% fat, chilled, for filling**
200 ml / 6.8 US fl oz

**Powdered sugar, for filling**
100 g / 3.5 oz

**Vanilla extract**
1 tsp / about 5 ml

**Equipment:** Heatproof bowl, saucepan, rolling pin, parchment, flat trays, mixer and cake board.

THE METHOD

# Medovik: honey layer cake

01 **Warm the honey base**

Set a heatproof bowl over barely simmering water without letting its base touch water. Melt honey, dough sugar and butter, stirring. Remove, whisk in baking soda and salt and let foam settle. Cool to lukewarm, below 40°C / 104°F, before beating in eggs.

02 **Make and divide dough**

Fold in dough flour to make a soft pliable dough, not a dry stiff ball. Rest covered 15 minutes. Divide into eight equal pieces. Heat oven to 180°C / 355°F conventional, or 160°C / 320°F fan; prepare parchment and two flat trays.

03 **Roll and bake thin layers**

Roll each piece on parchment to about 2 mm / 1/12 inch thick, using rolling flour lightly. Cut a 22 cm / 8 1/2 inch circle, retaining scraps beside it. Prick with a fork. Bake each tray 5-7 minutes until evenly golden; repeat and cool layers flat.

04 **Prepare the cold cream**

Check sour cream is thick and drained of loose whey. Whip cold heavy cream to soft peaks. Whisk sour cream with powdered sugar and vanilla just until smooth, then fold in whipped cream. Keep refrigerated until all cake layers are fully cool.

05 **Assemble and cover**

Place the first layer on a flat cake board. Spread about 100 g / 3.5 oz filling over each of the first seven layers and stack evenly. Use remaining cream for the top and sides. Crush cooled baked scraps and press crumbs gently onto the coating.

06 **Chill before slicing**

Cover and refrigerate 8-12 hours at 4°C / 40°F or colder so layers soften. Slice with a long clean knife, wiping between cuts. Keep the cake chilled between servings; the dairy filling should not remain on a warm table for hours.

COOK'S NOTE

Cool every layer fully before adding cream; overnight hydration creates the tender slice.

ILLUSTRATED PREPARATION

# Medovik: honey layer cake



**01** / Warm honey, sugar and butter, then cool before adding eggs.



**02** / Roll eight thin circles on parchment and bake until golden.



**03** / Fold whipped cream into thick sour cream filling.



**04** / Stack filled layers, cover in baked crumbs and chill overnight.

**Make it your own:** Use a mild floral honey; strongly flavored buckwheat honey gives a more assertive cake.

**Storage:** Keep covered at 4°C / 40°F or colder and use within 3 days. Refrigerate within 2 hours of serving, or 1 hour above 32°C / 90°F.

**Allergens:** egg, milk, wheat/gluten. Check labels on packaged ingredients and any substitutes.

# Sample recipe finder

Ten complete recipes, one from every chapter. Click a title to open it.

Baked meat pirozhki 23

Beef borscht, Russian home style 19

Beef Stroganoff 31

Medovik: honey layer cake 47

Mushroom julienne 11

Olivier salad 15

Pan-fried potatoes with onions 43

Pork shashlik 39

Siberian-style pelmeni 27

Zharkoye: beef and potato roast 35

WORLD TABLE BOOKS

# Until the next table



## Good food is a habit worth looking forward to.

Return to a soup you love, practice the folds of pelmeni or share golden pirozhki and a patient braise. Let these recipes bring the warmth and variety of Russian cooking to your own table.

Explore more kitchens at

worldtablebooks.com