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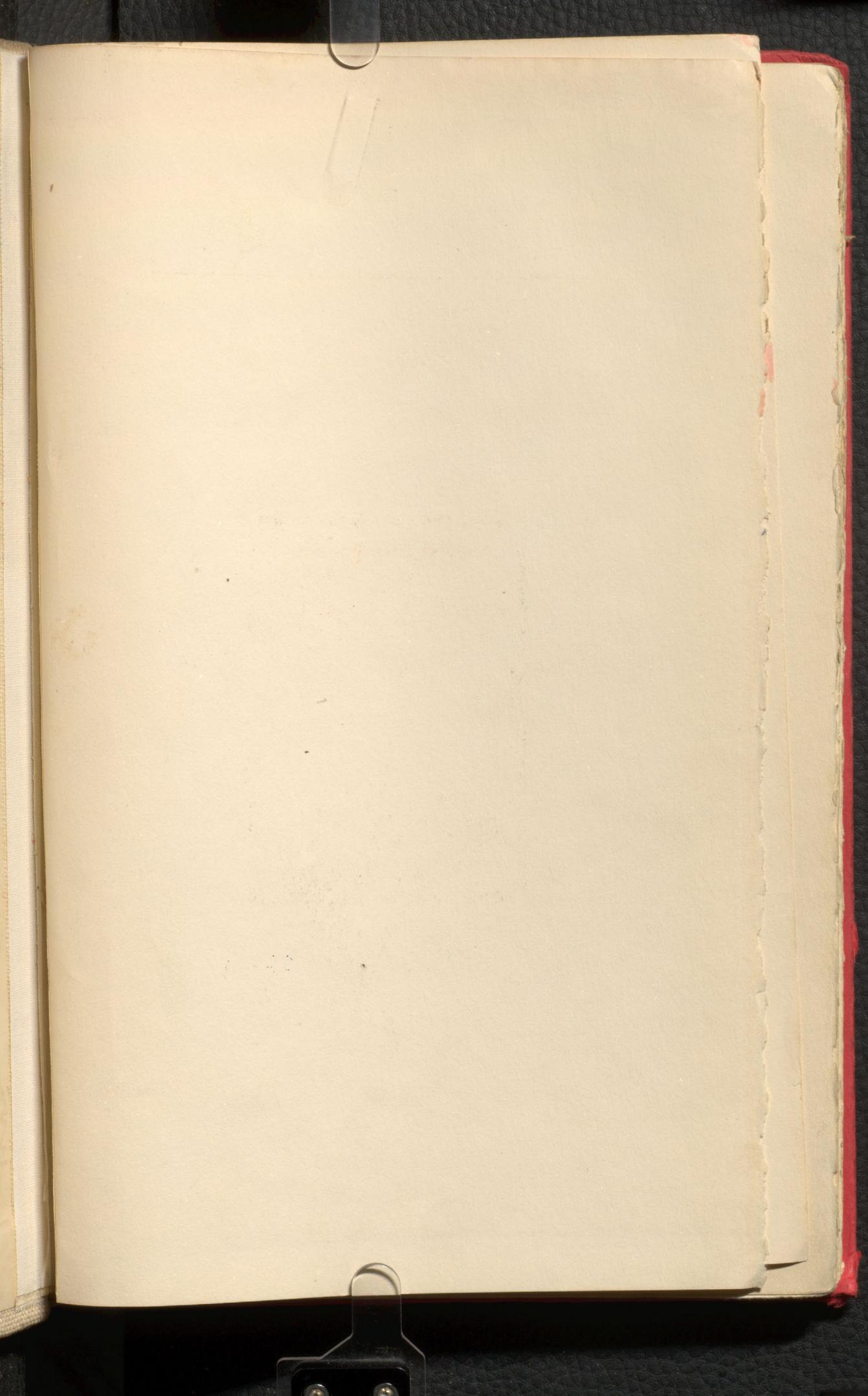
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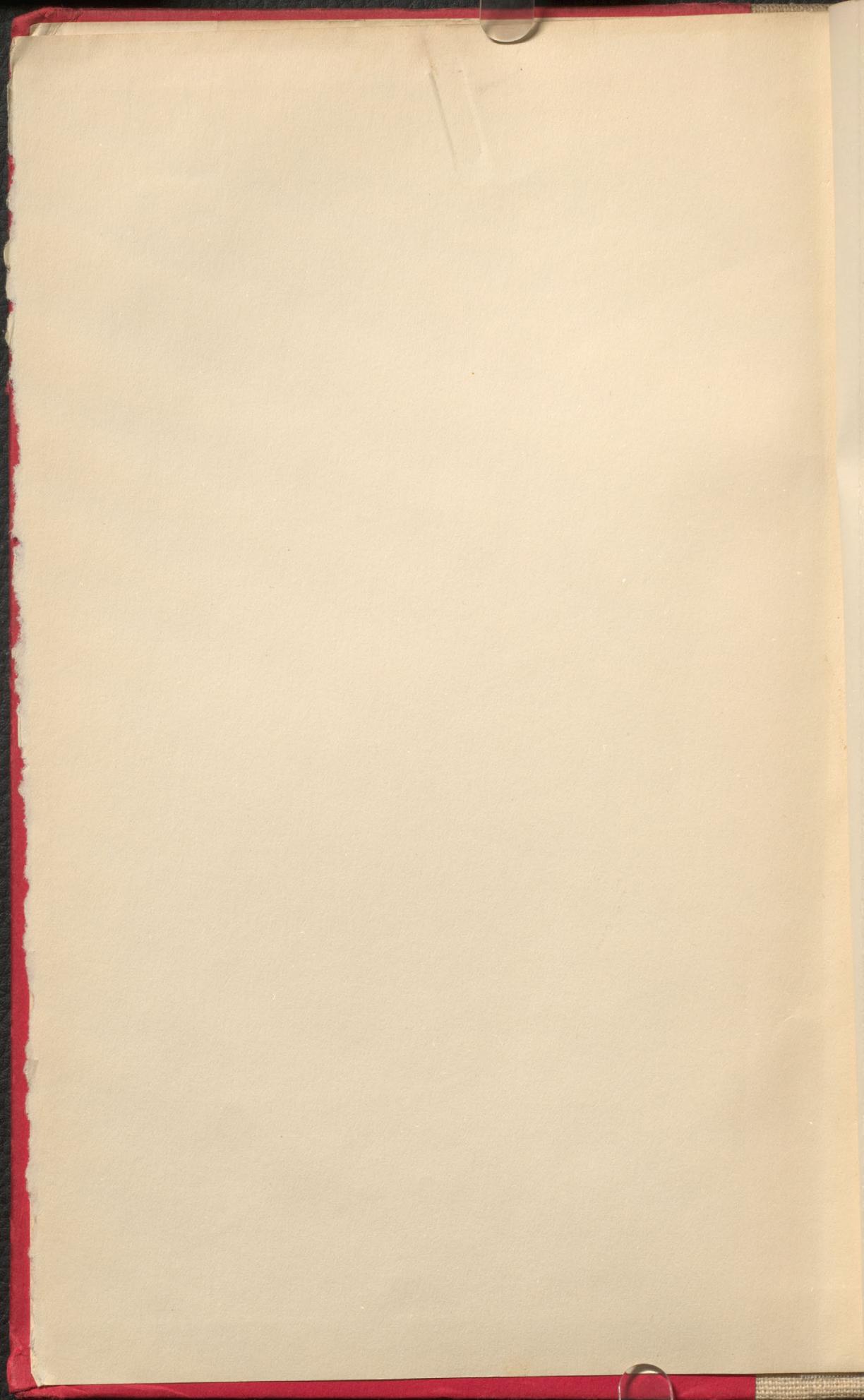
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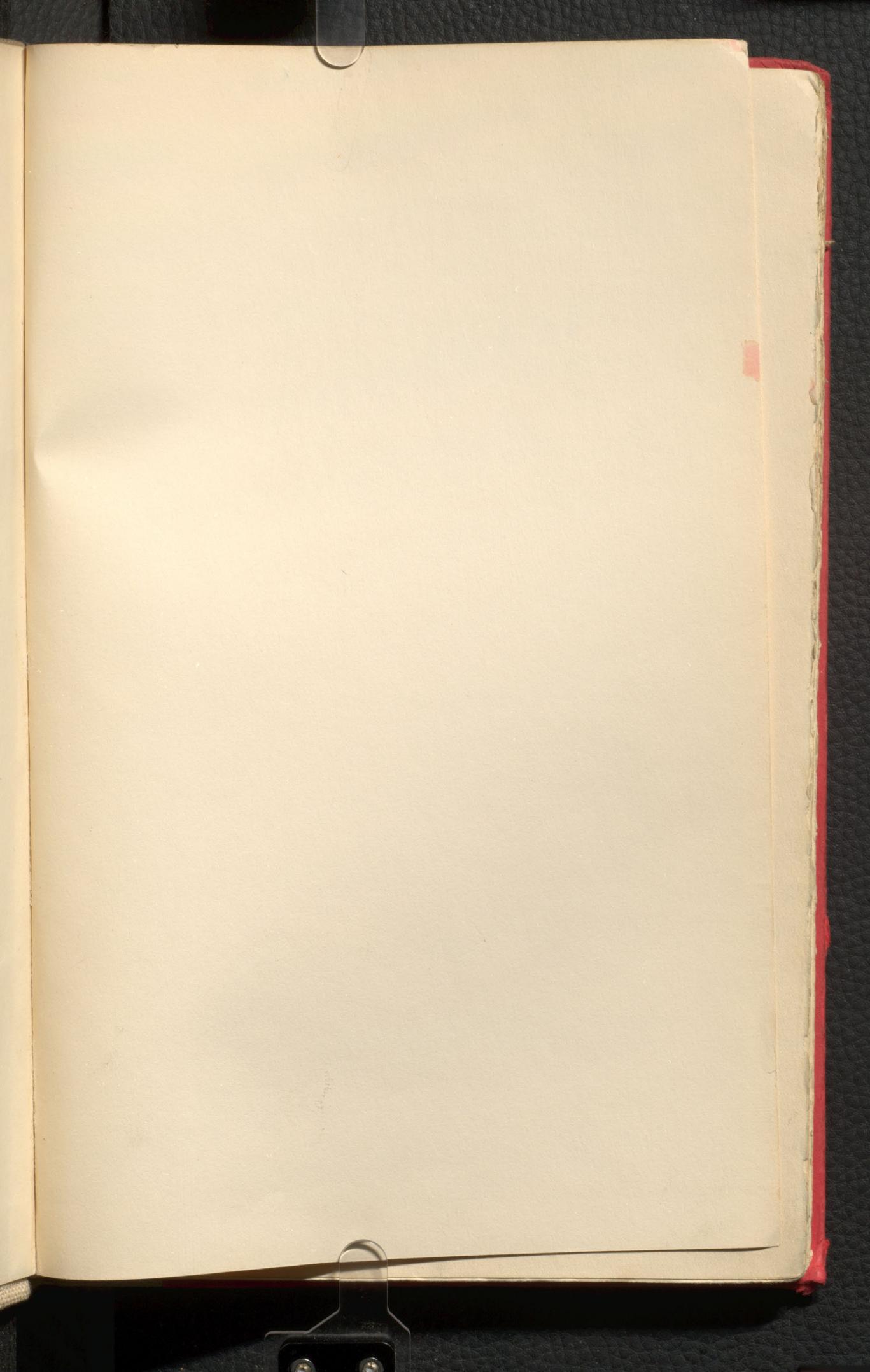


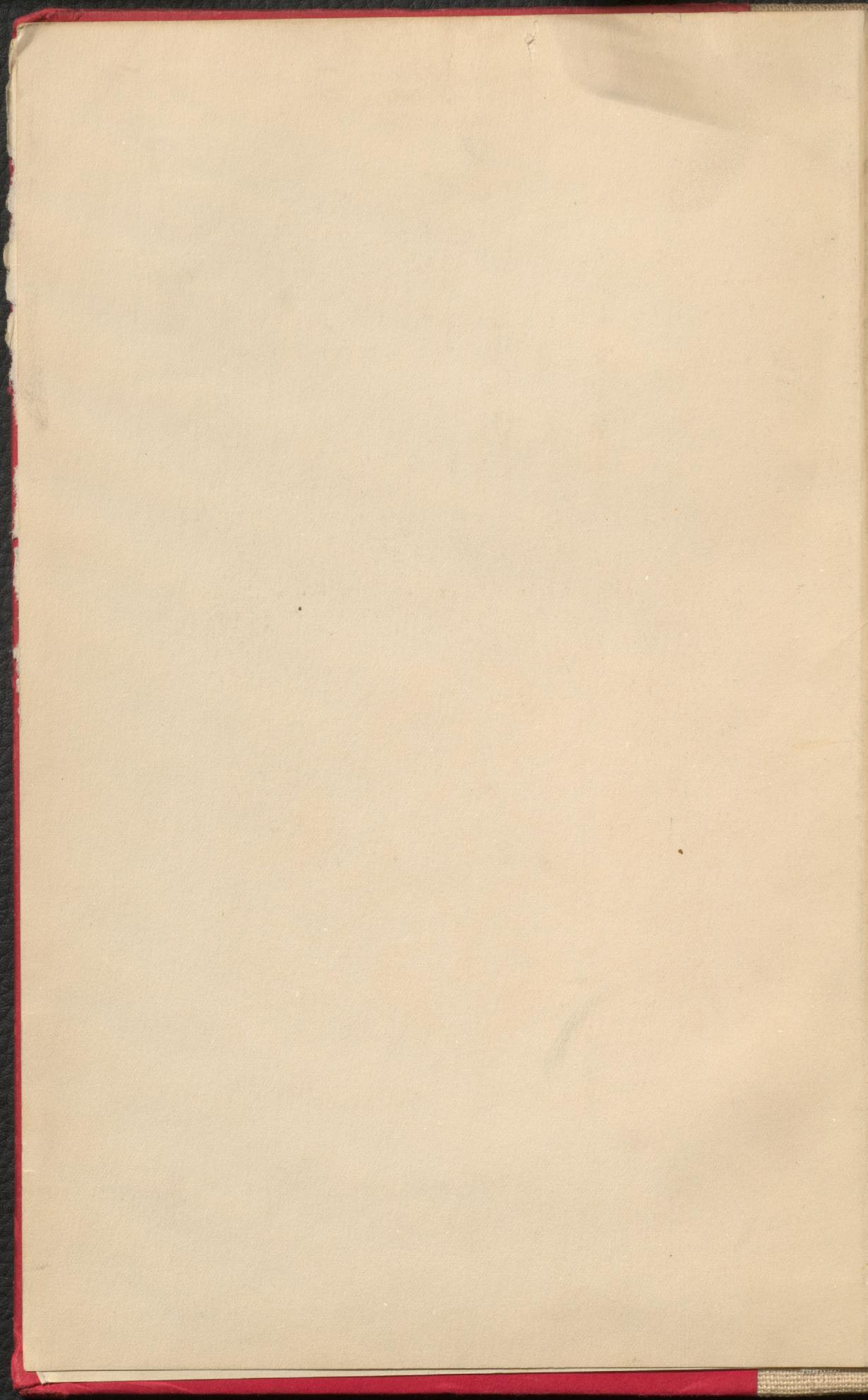
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1944









THE EPICURE IN

Imperial  
Russia

BY MARIE ALEXANDRE MARKEVITCH



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THE EPICURE IN

ROMANCE

AND  
TRAGEDY

BY MARIE ALEXANDRE MARKEVITCH

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## Preface

IN FORMER TIMES *Russian cooking was very little known outside of the country except by certain tourists returning from old Russia of the Tsars, or by the rare and privileged guests of two or three families of Russian princes who established their winter residences abroad.*

*During recent years, however, one rarely meets an epicure or food enthusiast who has not tasted caviar or Vodka. Chefs from the kitchens of the Imperial family or from the famous restaurants of Moscow and St. Petersburg are scattered throughout the world, where they have founded those celebrated restaurants and grocery shops which render such service to their countrymen. Numerous people of other races have become frequenters of these establishments, for even those maintaining the most modest appearances and prices offer ever delicious Zakouskis and Bortsch.*

*Many hostesses after having become acquainted with these savory foods have wanted to serve Russian dishes at their own table. It is for them that this little book has been drawn up.*

*It is indeed a guide to the mysteries of the Russian table, and not a complete treatise on cookery. It is addressed to persons already initiated into the rules of good cooking in general, and it discusses only dishes which are authentically Russian.*

*At times, adaptations have had to be made. One commodity has had to be replaced by another, a fish of the Volga by one from our regions, a bird of the steppes by game from our mountains and forests; but we have preserved throughout the essential character of the culinary art of Imperial Russia.*

MARIE ALEXANDRE

# Russian Cooking



IN THE YEAR 862, the Varegues, led by their prince, Rourik, landed in Slavia and founded Russia. These Varegues were one group of Vikings, another band of which was not long after to be led by Lief Ericson in the first discovery of America.

Like all other Northmen, the Varegues astounded the Slavs by their audacious valor, their gigantic stature, their splendid armor and their fabulous appetite. It was they who laid the first foundations of Russian cookery, heretofore extremely primitive.

The food of the Norsemen was surprisingly refined and its influence spread with their conquests. The Normans of France were also Vikings; indeed, the existing statues of William the Conqueror and Rourik, at Falaise and Novgorod respectively, show a close family resemblance. Therefore it is not astonishing that there is so much similarity between Norman and Russian cookery—both with a cream base—and between the pastry of these two countries. To quote but one example, the “Queen apple cake” (which will be discussed in the chapter on pastry) is a replica of the “Norman cake” which is scarcely ever made

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any more except in the villages of Calvados and which has unfortunately been replaced by the tart.

During the 11th century the Russian table is said to have been particularly refined. This was destined, alas, to change soon under the influence of the Tartars invading Russia from the east in the 12th century. These barbarians of Mongolia had no permanent homes, therefore no real table. They established camps where it pleased their fancy and fed themselves either on the flesh of the animals which they dragged after them in droves, or with the big game they hunted in the forests they crossed.

The barbarians exerted a considerable degree of influence on the Russians. First they separated Russia completely from the Western world, making of it a purely Asiatic country. Then, life at this period being so insecure, the Russian adopted nomadic habits. Like the people whose yoke he bore, he fed himself on animal flesh rudely prepared.

One precious object, however, did the Tartar give Russia: the Samovar.

This barbarian influence was to dominate until the period of Ivan the Terrible, Russia's first Tsar (1530-1584), who, despite his surname, was not so cruel as has been thought. He was a prince of the Renaissance: handsome, elegant, refined (even to the torture that he inflicted on his enemies). He had an astounding sense of luxury and pomp. A small eater but an accomplished epicure, he would have liked to return to the fine gravies, the skillfully made sauces of former times. He could not succeed in changing the tastes of the Russian nobles,

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accustomed as they were to coarse eating. But he did resort to the spectacular side of eating. Alexis Tolstoi tells us that the lackeys used to change their livery at each entry into the fantastically luxurious banqueting hall, and the courses were exceedingly numerous.

One can judge this by the menu of just one dinner, offered by Ivan to three hundred of his nobles, which included:

*Five courses of fowl and game:*

ROASTED PEACOCKS  
SPICED SWAN  
CRANES SEASONED WITH GINGER  
CREAMED DUCKS  
GUINEA FOWL WITH CINNAMON

*Three soup courses:*

THREE BOUILLONS  
THREE THICK SOUPS

*Five main courses:*

ONE ENTIRE CALF  
ROAST MUTTON  
QUARTERS OF BEEF  
BEAR LOINS  
REINDEER LOINS

After that came the "sweet dishes." One of the desserts was served in the form of the Kremlin, and at this moment the lackeys appeared arrayed in large white satin tunics trimmed with sable.

The wine list is surprising, as much by the choice of drinks as by the order in which they are served: Romanee, Beer,

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Malmsey, mead, fruit liqueurs. As one can see, only the service gave evidence of elegance and refinement. The dishes were still quite crude.

In course of time, a not surprising consequence of the alliance of Little Russia with Sweden, Zakouskis (Russian version of Smorgasbord) were to come greatly into favor. We can say that the Swedish king, Charles XII (1682-1718), who has been called the "last of the Vikings," retraced the tracks of his ancestor, Rourik. His enemy Peter the Great was to profit by all the lessons he received, whether dictated by friend or enemy. Having decided to Europeanize his country at all costs, he took from the Western nations everything which seemed to him useful to Russia, not neglecting the smallest detail, and teaching himself personally to do many things that he might thereby instruct his subjects.

In Paris he tasted the soup served to the old soldiers at the "Hotel des Invalides," which he pronounced better than the finest dishes of his own imperial table. In spite of his fabulous appetite, which so astounded the chronicler of the French court, St. Simon, he nevertheless did not at all lack discrimination, but was rather "a bonne ecole." When he left for his own country he took with him a Parisian cook.

From Holland he brought back, along with chimed clocks and many other things, the custom of coffee-drinking. He learned how to make cheese and knead bread-dough with his own hands.

The invasion of Dutch ideas and influence into Russia, thanks to Peter, was paralleled at the same epoch in the new

## History of Cooking

world. New York and St. Petersburg have similar origins. The first is the ancient New Amsterdam; the second is the creation of a monarch in love with all that was Dutch. This is reason enough to understand all the points common to both the Russian and American cooking traditions: notably the frequent use of chopped meat, the great quantity of cream which goes into sauces and pastries, the resemblances of certain cakes such as Dutch Apple Cake, the taste which each of the two countries has for the "sweet-sour," and the habit of accompanying certain meat and game with jellies. All these customs are more or less in direct contrast to the traditional continental French cuisine.

With the German Catherine the Great, Russian cooking underwent its last and worst influence. It is to this Empress that we owe the intrusion of prunes and, in general, the mixing of salty and sweet dear to the Germans and Poles, but which—praise be to Lucullus—are only an incident, easily avoided, in Russian cooking.

From this moment the culinary art of Russia had but to continue its development normally. It is estimated to have attained its most perfect development under Alexander III.

We consider ourselves fortunate to have received its heritage.



# Zakouskis



Zakouskis are known in America and Western Europe by the French name of hors d'oeuvres. Zakouska, in brief, means: a light crust of bread by way of appetizer. This "light" crust of bread is a collection at times very imposing of the most varied dishes. It serves as introduction to the subject-matter, or, rather, as prelude to the symphony about to follow. With all its charms, its many-colored Vodkas, it puts us in a suitable frame of mind to come to the dinner-table.

The table of Zakouskis may be set in the dining-room itself, or in an adjacent sitting-room or hall. In any case, people must be able to move easily around the table, in order to make their choices and serve themselves. They should readily find at hand everything they need.

A very nice manner of setting the table of Zakouskis, if it is square, is to arrange piles of small plates at two opposite corners, and forks and knives set herring-bone fashion at the other two corners. The Zakouskis are placed in all sorts of radish-plates, bowls, salad dishes, etc., one after the other or by categories. In the middle of the table, surrounded by the

## Zakouskis

liqueur glasses, is planted the array of bottles: white Vodka—forty per cent and fifty per cent; Zoubrovka, black-currant-leaf Vodka, Rubinovka (from the sorb tree), litmus-seed Vodka (a beautiful shade of mauve), Kedrovka, etc. All these Vodkas may be found in Russian groceries.

There are two large baskets of bread, one containing the rectangular black bread and the cylindrical gray bread, cut in fine slices; the other containing small buns and thin triangles of melba toast.

Zakouskis may be divided into two classes: cold Zakouskis and hot Zakouskis.

## Creamed fennel

Boil two good heads of fennel in salted water twenty minutes. Allow to cool. Cut in fine slices, drain well in a napkin. Moisten with lightly sour thick cream.

## Cauliflower

A large, very slightly-cooked cauliflower is separated into little bouquets. These are covered with mayonnaise which has been reddened with beetroot finely chopped in a vegetable chopper.

## Saurkraut

Wash one pound of raw Strasbourg saurkraut in hot water. Place it in a small bowl containing a mixture composed of one tablespoon of powdered sugar, one tablespoonful of table oil, one tablespoonful of English mustard.

## Black radishes

Cut a black radish in very fine rounds, salt and cover it with thick cream.

## Salted cucumbers

Use small, rather short cucumbers with white ends. They may be found already prepared in Russian food-shops. But the best ones are self-prepared, in the cucumber season, in the following manner: Pad the bottom of a wooden bucket, or of a large sandstone pot, with black currant and oak leaves, and branches of dill, parsley, and celery. Over this sprinkle little pieces of garlic, shallot, rounds of onion, a few grains of pepper, and a laurel leaf. On this arrange a bed of cucumbers of the same size, upright and very close together. Again put on a mixture of leaves and different green things similar to that at the bottom of the receptacle, then another layer of cucumbers, and so on until the bowl is full. Then fill with cold boiled water salted in the proportion of half a cup of coarse salt to every quart of boiled water. Close, but not hermetically, with a large stone or any heavy object that will prevent the cucumbers from coming up. Salted cucumbers replace salad advantageously as an accompaniment to meat, and particularly to game. Allow fifteen days for the pickling.

## Mushrooms

Pickled mushrooms, to be served as such, are to be found in all Russian groceries. Stuffed heads of mushrooms are prepared

## Zakouskis

with fresh mushrooms. The heads are separated from the stems, prepared, emptied, and filled with a stuffing made of the stems chopped up and mixed with garlic, shallot, chives, and green fennel, the whole being mixed together with very thick cream.

## Tomatoes

Choose round, medium-sized tomatoes. Cut in half breadthwise. Set each little hat thus obtained on the pointed end of a shelled hard-boiled egg. Flatten the round end of the egg and stick it to the serving dish with liver paste. Sprinkle the top of the tomato with a few large grains of salt. We might mistakenly say that these were poisonous mushrooms, called "false oranges."

## Eggplant

Place eggplants in a slow oven. Remove them when they are tender and take off the skin. Chop them in such a manner as to obtain a purée called "eggplant caviar." Add pepper, salt, chopped onion, and a spoonful of olive oil.

## Artichokes with crayfish

Remove the shells from the crayfish which have been cooked according to all the rules of the art. Set them to cook for a few minutes in very thick cream flavored with lemon juice. With the mixture, when it has been allowed to cool, fill the base of the artichokes, not very thoroughly cooked.

## Stuffed olives

Remove the pits from large, firm green olives in such a way as to injure them as little as possible. Fill with finely chopped and spiced nuts.

## Jerusalem artichokes

This tubercle, commonly called in Russian, "pear of the earth," is commonly used as a garnish for vegetables. As a Zakouska, it is served boiled, cold, cut in fine slices and moistened with oil and vinegar.

## Beans

Cook one pound of early beans, remove peeling, and season with cold béchamel sauce strongly flavored with lemon.

## Miscellaneous cheeses

The hard cheeses, such as Chester, Gruyère, Dutch, Caucasian, etc., are served at the table of Zakouskis, cut into paper-thin slices. They are eaten on fine slices of black bread with chips of horseradish, or mustard.

## Caviar

Black caviar, pressed, is served on small slices of melba toast. Gray caviar, in grains, is served fresh, in a glass receptacle buried in chopped ice, surrounded by slices of lemon. Red cav-

## Zakouskis

iar is served in shells of puff-paste ornamented with branches of green dill. People often serve with caviar small buckwheat cakes called Blinis. These will be spoken of in a later chapter.

## Smoked fish

Of the smoked fish, the following are customary: slices of pink salmon, white salmon, lamprey, eel, sturgeon, and pickled herring. These may all be found in good American groceries.

## Smoked herring

Choose a good thick smoked herring. Allow it to soak for three or four days in cooked milk. Remove the skin and the dorsal fin, cover it with the same sauce used for saurkraut, as mentioned in this chapter, and garnish with rounds of beetroot, lemon, cucumber, and slices of Spanish onion.

## Kilkis

Kilkis may very well be replaced by anchovies. Spread long thin shreds of them on red pimento very finely grated, in such a way as to form a sort of purée. Do not salt.

## Crawfish

Clean the cooked crawfish. Roll them into the form of a snail. Place them in egg-cups filled with a jelly made of reduced stock and a glass of Rhine wine. Remove from mold, and garnish each little cone with a crown of left-over truffles very finely chopped.

## Smelts

Choose some good fresh smelts, not too small. Wash them, dry them in a napkin. Roll them very lightly in salt, then more plentifully in flour. Fry them in oil. Lay them carefully in line in an earthen or glass pot, and cover with vinegar which has been cooked, chilled and flavored with slices of carrots and branches of tarragon. They may be served even at the end of three to four days.

## Herring butter

Soak a herring in water several hours. Remove all the bones. Chop very finely an onion cooked in the oven, add to this an uncooked sour apple, grated, and two spoonfuls of table butter. Chop all this together with the herring, pass through a sieve, and allow it to stand two to three days in a pot, covered with a fine layer of butter. Serve in a radish plate, laid out in little shells, like butter.

## Lark butter

Roast gently two dressed larks in one-quarter pound of butter. Cool, remove the bones, season with salt and pepper, chop, add a spoonful of remnants of truffles and seven ounces of table butter. Pass through a sieve and mix with a spatula until the mixture thickens. Place in a butter-dish and serve on the following day. If one lives in a country rich in sky-larks, one may prepare this butter in large quantities, conserve it in a large pot

## Zakouskis ❧

and cover it with an inch-thick layer of fat from the loins of veal, salted and melted.

## Salted mushrooms

In the season of wild mushrooms, large quantities of them may be salted. They are carefully wiped (without being washed), so as to free them of all dirt, and arranged in a wooden bucket, layers of salt alternating with those of mushrooms. Close with a wooden lid. They may be eaten at the end of ten days.

## Stuffed pigs' feet

Cut the skin of the foot its entire length. Remove all of the interior. Take the meat off the bones and chop it together with a slice of calf's liver which has been set on the fire for a moment. Season with salt, pepper, mix with the same volume of bread crumbs moistened with milk. Pass this entire mixture through a sieve. Place it on the skin of the foot, close, sew together, set on to cook in the bouillon of the bone of the foot. Allow it to cool, remove the threads, cut into fine slices which will be covered lightly with mayonnaise well seasoned with mustard.

## Colovizna

Cook the lower jaw of the head of a wild boar in water flavored with laurel, thyme, onion, salt and pepper. When it is cooked, allow it to cool, remove the skin carefully, take off the meat and the fat. In this meat and fat cut out small rectangles which

## Zakouskis

will be seasoned with gray pepper. Spread these little rectangles on the skin, roll, tie with string, and allow to remain until this forms into jelly. Cut into fine slices, serve with mustard sauce or horseradish sauce.

## Brains

Allow a long and slender calf's brain to cook over a small fire very lightly, so that it will remain firm. Let it cool, drain in a napkin. Cut in fine slices. Cover with mayonnaise salted with finely chopped chive.

## Vinaigrette

In Russian people name with the French word "vinaigrette" what the French call a "Russian salad." The Russian vinaigrette always contains either meat or fowl or game. It is a very good way to arrange good left-overs, especially if there is not a large amount: turkey, woodcock, partridge, etc. Add potatoes, beetroot, cucumbers; in short, all the vegetables of the Russian salad. The whole is seasoned with a good mayonnaise.

## Sausages

There will be found in all the Russian groceries excellent sausages called "tea-sausages."

## Hot Zakouskis

These are almost entrées, with the difference that they are served in small quantities on small plates. They must be kept hot, therefore they must stand in a chafing-dish.

## Small sausages

One may use frankfurters. Skin them, and cut each sausage into three small cylinders which are set to cook slowly in a thick and highly spiced tomato sauce.

## Potatoes

Choose some potatoes of the same length. Place them in the oven, but take them out before they are completely cooked. Remove a little cap from the round end of each potato and hollow out the interior with an apple knife. Mix half the mixture thus removed with hard-boiled eggs coarsely chopped and anchovies reduced to a paste. Fill the interior of the potatoes with this mixture. Close the potato, fastening the cap with egg-yolk. Place in the oven for a moment, and serve hot in a napkin.

## Poultry liver

Fry some poultry livers in butter with a little chopped onion. Add several spoonfuls of good thick cream. Allow to simmer.

## Bitkis mignons

Prepare a mixture of beef chopped as for ordinary Bitkis, for

## Zakouskis

which see index. From this, form some very small balls about the size of a nut. Poach rapidly in bouillon. Moisten with béchamel sauce to which has been added grated horseradish.

## Goose-neck

Cut the skin its entire length. Remove all of the insides, which may be used in a gilet bouillon. Stretch the skin as much as possible. Prepare a stuffing composed of the liver and heart of the goose, of a handful of cooked rice, a spoonful of chopped green olives. Roll up, tie with a string, and set to cook in a rich brown sauce for two hours at least. Serve in the cooking dish. Cut in ten pieces.

## Sausages of game

A good way to arrange the remnants of game—hare, pheasant, or even small game—is to chop the flesh finely along with its own volume of white bread, to add to this thick cream and one egg-yolk to approximately every half-pound of this mixture, and to fill the sausage skin with it, tying it with a string so as to form little sausages. This is set to boil in spiced water, turned rapidly into the frying pan, and served very hot with melted butter.

## Rolled pancakes

This is a hot Zakouska which aids also in the art of using remnants of fowl or game. Prepare some very fine, light pancakes,

## Zakouskis

spread on them a hash of the remnants, roll them up, and serve piping hot.

## Squash

Cut firm green squash in pieces about a centimeter in thickness. Fry rapidly in very hot butter. Arrange in even layers at the bottom of the dish with bread crumbs. Cover generously with very thick cream. Salt and pepper lightly, place in the oven, and serve as soon as browned.

## Onions

Choose large onions of even size. Hollow out in center. Fill with small mushrooms moistened with madeira. Place in a shallow dish which will go into the oven, and cover with mushroom sauce made with dried mushrooms. Place in a slow oven for three-quarters of an hour. Serve in the cooking dish.

## Pumpkins

Prepare as for the squash, but since a pumpkin yields more water, it must be cooked in the frying pan longer and must not be placed on the serving plate until perfectly dry.

## Little pastes

All the little puff-pastes, and those of the tartlet type, which will be treated later on, are very much appreciated at the table of Zakouskis, whether they are spread with mushrooms, onions, or cheese. It is indispensable that they be kept hot.

## ✎ Zakouskis

We could multiply ad infinitum the number of Zakouskis. Apart from the regular hors d'oeuvres served everywhere which it has not been thought necessary to mention, there are as many tables of Zakouskis as there are hostesses. I am sure that my readers themselves, without being Russian, will be able to find many new fantasies to embellish the suggestions presented here.

CHAPTER 22

The following table shows the results of the experiment. The first column shows the number of trials, the second column shows the number of correct responses, and the third column shows the percentage of correct responses. The data shows that the number of correct responses increases with the number of trials, and that the percentage of correct responses remains relatively constant.

# Soups



Russian soup is never served alone. It is always accompanied by all sorts of pastes, small and large, by forcemeat balls, Pirojkis, Pychkis, etc., which will form the topic of the following chapter. It is because of this strong tradition that the Russian cover includes, at the left, near the glasses, a small plate on which, at the beginning of the meal, are found a small piece of white bread and a fine slice of black bread. The following recipes are planned to serve six people.

## Bagration soup

General Bagration gave his name to a delicious soup, as did the Generals Goureff and Dragomiroff to two Kachas which are quite famous and in great demand among connoisseurs. Make a clear bouillon bound by cream of barley. Add to this a pound of spinach slightly cooked, strained, and seasoned with two spoonfuls of thick cream. Place at the bottom of the soup tureen two egg-yolks mixed with a spoonful of cream. At the moment of serving, place in the soup about thirty little aspara-

## Soups

gus tips which have been cooked separately. With the Bagration, people serve little quenelles, and more frequently, stuffed eggs. For all recipes for soup accompaniments consult the chapter to follow.

### Bortsch

Make a very strong bouillon with the rump of beef, breast of pork and quarters of beef as a base, allowing a half-pound of meat for each person. Add to this all the vegetables of a pot roast (very few turnips). When the bouillon is ready, remove all the vegetables and the meat. Add to the bouillon thus obtained, a half a pound of very red beetroot, preferably uncooked, cut in little thin sticks about two inches in length, and a white cabbage, very hard, cut in the finest possible shreds. Cook from two to three hours.

An hour before dinner, add four tomatoes, or an equal quantity of essence of tomato. Replace the meat, which has been cut into small pieces. At the precise moment of serving, set into the soup a colander containing one-quarter pound of chopped beetroot sprinkled with a few drops of vinegar. Do not let the soup boil any more, so as not to alter the beautiful purple color which the Bortsch should now have. Before pouring out the soup, place one piece of meat in each plate. A sauce tureen of slightly sour thick cream is passed, and each person should take a good spoonful for his plate. With Bortsch, one may serve: Kacha, Vatrouchkis, Pychkis, and miscellaneous Pirojkis.

## Bortschok

Bortsch warmed over is excellent; nevertheless, if one prefers not to eat it two days in succession, one can make Bortschok on the following day.

Remove all the solid ingredients from the Bortsch, season it with grains of pepper and a laurel leaf. Tint strongly with beet-root juice, as has been indicated for Bortsch, and serve in cups, without cream.

If there is no Bortsch, Bortschok may be made with bouillon flavored with beetroot juice and highly spiced.

With Bortschok, eat puff-paste sticks with grated cheese, Kacha croquettes, all sorts of little puff-pastes.

## Red Russian bouillon

Place in a cast-iron pot two pounds of breast of beef, quite fat, moisten with a few spoonfuls of water, add a nosegay composed of parsley, chervil, fennel, one carrot, one sprig of celery. Cover, allow to cook over a small fire. Add water little by little up to a sufficient quantity. Let this boil several hours after having added four or five dry mushrooms and a large onion punctured with a clove. Clear the bouillon after having removed the fat from it. Serve with cheese-crusts, rolled pancakes.

## Consommé Tzarine

Dress two small chickens, or one large one, not too fat. Remove the white meat. Place in a porridge pot with cold water just

## Soups

enough to cover the fowl. Cover the pot, and boil three times. Withdraw the meat and place it in another pot. Pour over it strained cooking-water. Add salt, pepper, a bunch of chervil and parsley, a large white leek, a piece of celery root, and an onion with its skin. Use only colorless vegetables. Cook under a very small fire for four hours. One hour before serving, prepare the following mixture: chop the white meat, add two whites of raw egg, and a glass of cold water. Work with a spatula until this mass becomes thick and smooth. Then pour over it a cup of bouillon and toss the entire mixture into the boiling bouillon. Place the pot on the side of the fire. Just before dinner, remove the mixture which will be placed in the form of a ball, on a napkin. Strain all the bouillon through the napkin and the ball, bring once to a boil and serve with quenelles (for which can be used the white chopped meat), Klotskis, rice croquettes, and parmesan crusts.

## Suckling-pig broth

Make a broth with as small a pig as possible—three or four pounds—and all pot roast vegetables. After three or four hours of cooking over a very small fire, remove all the solid ingredients in the broth and add four spoonfuls of cream of barley diluted in a little cold milk and mixed with a cup of thick cream. Add to the broth, cook one minute, and serve. With the suckling-pig bouillon, serve fricadelles made with the kidneys of the animal, or parmesan crusts. The pig may be served hot or cold with a horseradish sauce.

## Ordinary Stchi

Stchi is for Great Russia what Bortsch is for Little Russia. It is a kind of Bortsch without the beetroot, and is generally a green color. This explains why the people of Little Russia, who could not go for a single day without their beloved Bortsch, baptize Stchi—when they serve it—with the name of Green Bortsch. There are many kinds of Stchi, but we will only offer recipes for the better known.

## Sour Stchi

Make a broth using as a base a small ham with its skin removed, dry mushrooms and different spices. Strain, and add to the broth one pound of raw saurkraut which has previously been carefully scalded. Cook for several hours. Before serving, cut the ham into fine slices, place two or three slices in each plate, cover with a good spoonful of cream and pour this over the boiling Stchi.

## Stchi with nettles

Prepare a bouillon of the type described for Ordinary Stchi. At the same time cook two pounds of young shoots of nettles in the same way as one would cook spinach, and chop very finely. One-half hour before dinner, incorporate one cup of thick cream into the nettles. Pour the bouillon over this, allow to boil over a small fire and serve with Pirojkis or stuffed eggs, as for Bagration soup.

## Soups

### Lazy Man's Stchi

This is so-called because it prescribes the use of left-over bouillon to which are added a cabbage cut in pieces rapidly cooked in very little water with a small amount of onion fried in a skillet, and slices of fried bacon, some of which are placed in the plates before the Stchi is poured over them.

### Razsolnik

Cook a kidney of veal which has been dressed and cleaned, in a sufficient quantity of water flavored with a kitchen bouquet. Add the peelings of half-a-dozen salted cucumbers, which should have been left at least three weeks in the salted brine. When the kidney is cooked, withdraw it from the bouillon, keep it warm and cut it into fine slices. Strain the bouillon, sprinkle into it half a cup of rice. At the moment of serving, place one or two slices of kidney in each plate, and pour over them the steaming rice bouillon. This is one of the few soups served without accompaniment.

### Selanka

Chop a large onion, fry it in butter, interlard with two soup-spoonfuls of flour and thin it with a bouillon made of a bunch of green herbs, two carrots, a leek, and the dorsal fin, skin and head of a good-sized flounder. Cut the uncooked fish into small pieces, place it in the bouillon which has previously been strained, with ten green olives without stones, six small minced

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French mushrooms, and two salted cucumbers peeled and cut into small cubes. At the moment of pouring out the soup, bind it with thick cream. With Selanka, serve onion Vatrouchkis, or cabbage Pirojkis.

### Oucha

There are many different types of Ouchas. We are giving here the most common and the least expensive. If desired, the eel-pout and the flounder may be used. Select a pound and a half of fresh minnows and an equal quantity of little perch, prepare them, and remove the fillets of the perch. Place the remains of the perch and the minnows in two liters and a half of water, with an onion pierced with a clove, a garnished bouquet, two grains of pepper, thyme, laurel, etc. Cook from two to three hours until the minnows are as soft as purée. Press the entire mass through a sieve. Ten minutes before serving place the fillets of the perch to cook with the Oucha. Serve with Oucha, Rastigai, Moscow Koulibiak, little Sago pasties.

### Okrochka

Cut into little rectangles some cold chicken, game, veal, York ham, smoked fillet of pork, and scarlet tongue. Add to this slices of cucumber, fresh or lightly salted, chopped hard-boiled eggs, parsley, dill, and finely chopped tarragon. Place the whole in a soup tureen with a spoonful of mustard and a cup of thick cream. Moisten with two bottles of Kvass (in all Rus-

## Soups ❧

sian food-shops), and chill with small pieces of ice. Serve with fine sandwiches of black bread.

### Botvinia

Cook without water a pound of sorrel without stalks. Reduce to a purée to which add little cubes of fresh cucumbers, very firm, a peeled onion with a handful of salt, a pinch of sugar, a spoonful of mustard and a spoonful of grated horseradish. Moisten with two bottles of Kvass. Serve at the same time slices of cold fish, crawfish reposing on chopped ice, and also chopped cucumbers and sandwiches of black bread.

### Cholodnik

Pound up some dill and some chopped chives with a pinch of salt. At the same time, cook in boiling water the leaves of very small beetroot, and one beetroot also, if it is very tender. Chop, drain in a strainer, and place at the bottom of a soup tureen with a cup of cream, a cup of the cooking-water in which the beetroot has been cooked. Add the chopped vegetables, three hard-boiled eggs cut in the shape of half-moons, hulled crayfish, slices of lemon, and moisten the whole with cold bouillon. Set to float some pieces of ice, and serve at the same time the pieces of cucumbers reposing on ice.

# Accompaniments



These dishes, all so delicious but so different, may be classified in three categories: (1) accompaniments served *in* the soups themselves; (2) small supplementary dishes to be served *with* the soups; (3) thick pasties which form a separate course. They take the place of the entrée and are accompanied by the soup which, in certain cases, serves only to moisten them.

Home-made quenelles, or those bought ready-made from a bakeshop or in boxes, may be very well adapted to the Russian soups. Fish quenelles will be used with Oucha, if Pirojkis or another supplement are not desired; and quenelles made of fowl are used for cream soups.

## Klotskis

Cream two egg-yolks with butter the size of a nut, add six soup-spoonfuls of flour, two spoonfuls of cold water and a pinch of salt. Beat the whites to a snow, mix well the entire mixture, take some on a spoon moistened at intervals with cold water and slide it into boiling salted water. When the Klotskis rise to

## Accompaniments &

the surface at the end of a few minutes, they are done. Remove them with a skimmer and place them gently at the bottom of the soup tureen, before pouring out the soup.

Klotskis replace croutons very advantageously in all cream soups and also broths, if no accompaniment is served.

## Ouchkis

Prepare a delicate paste of noodles. Cut from it small squares measuring from three to four inches in size. At the same time prepare a stuffing of finely-chopped mushrooms, fried in butter with a pinch of chopped onion. Make this stuffing into little balls, and place them in the center of the squares. Fold over the paste so as to form a little triangle, close the edges carefully with a fork, and then stick the two pointed ends together to form a little mitre. Fry in oil, allow to drain and place in the soup just at the moment of serving so that they will not become soft.

Ouchkis are much liked in a cup of Bortschok, or in mushroom soup. They may be equally well stuffed with meat, if there is a good remnant of such.

Croutons are served in all the purée soups, as in French cooking, but they are prepared in a different manner.

Cut dry bread into little one-inch cubes, make them concave on one side by pressure of the thumb. Place in this cavity, butter the size of a nut mixed with grated Chester cheese and cayenne pepper. Brown rapidly in the oven. Do not put them in the soup until the last moment before serving, so that they will remain crisp.

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Croutons may also be prepared with rusks soaked in white wine and cut into small cubes which are covered on all sides with grated Gruyère cheese and sautéed in butter before being served.

## Kacha

Buckwheat Kacha is the famous black broth of the Spartans who must have served it very badly. Delicately cooked, and served with Bortsch or in the form of Kacha Dragomirow, it is worthy of appearing on the table of the most fastidious modern epicure. Like all simple dishes, it is difficult to prepare perfectly. The grains must be perfectly cooked and yet remain whole; they should be tender without being pasty. I will give two methods of attaining this result. Both are sure to succeed if instructions are carefully followed.

In the first place, buy buckwheat of the first quality. Then shake it in a colander with large holes, so that dust and any impurities it may contain are removed.

First method: Place a pound of buckwheat in a cast iron or earthenware pot, or in a soufflé dish. The buckwheat must come just a little way above the half-way mark of the pot. Add a pinch of salt and a soup-*spoon* of fine butter. Pour in boiling water so that the level of the water is a quarter of an inch higher than that of the buckwheat. Place in a medium oven. When a crust has been formed, turn the pot around. After three hours of cooking, the Kacha is ready. Turn out on a round plate, and serve with Bortsch or Stchi.

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Second method: In a rice-cake mold, or any other plate with handles, place a pound of well-cleaned buckwheat and cover it with cold water. Add a quarter of a pound of melted butter and a pinch of salt. Add, if necessary, a cup or two of boiling water, but do this only if the grain does not swell sufficiently.

## Kidney fricadelles

In boiling water to which salt and pepper have been added, poach a thick kidney of veal or several kidneys of mutton. Drain, chop finely together with an onion and a shallot. Add two eggs, a spoonful of butter and some bread-crumbs. Fry in oil. Serve in the form of a pyramid on some green stuff. Fricadelles may also be boiled; in this case they are served in the soup, like Klotskis.

## Pychkis

Pychkis are a sort of fritter which should be as light as possible, and absolutely dry, so that they may be held in the hand like a roll, without the fingers being soiled.

Dilute about one ounce of yeast in a cup of warm water, add to this a cup and a half of flour. Set to rise. Move the paste to a wooden pallet and add a spoonful of salt, two ounces of butter, three egg-yolks mixed with the remainder of the flour (a pound and a quarter is used in all). Knead the dough well and let it stand for half an hour. Then make it into two strips. On one of these strips place little balls of stuffing every two or three inches. Cover with the other strip and cut out rounds two

## Accompaniments

or three inches in diameter, being careful to see that the ball of stuffing is right in the middle of the punching-press or glass used. Fry in a mixture of equal parts of goose-fat and fresh lard. Before cooking the Pychkis, pour a small glass of Vodka into the frying mixture.

The Pychkis should be well-rounded, swollen and browned. Serve them in the form of a pyramid, garnished with bunches of dill. The stuffing is made either of chopped meat, of hard-boiled eggs, or of mushrooms; the lightest and without question the most delicate are those stuffed with poached calf's brains.

## Rissoltchikis of Yaroslav

Knead together half a pound (or two cups) of flour, half a cup of cream, half a cup of cold water and a pinch of salt. Flatten with a rolling-pin into a very thin layer. Place on the edge of the paste little piles of stuffing composed of chopped hard-boiled eggs seasoned with salt and pepper. Turn over the paste on the little piles, cut out little rounds with a liqueur glass, pinch the edges together all around with a fork, and fry in boiling oil. Serve in a napkin, after having drained the Rissoltchikis well in a colander provided with a paper filter.

## Sticks

These cheese sticks, which are good to serve with Bortschok in a cup, are actually matches of puff-paste garnished with grated cheese or, better still, with a little plate of cream of Gruyère.

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This recipe is that used for the majority of Pirojkis and also for certain Koulibiaks.

Puff-paste: Prepare a dough with half a large cup of water, two cups of flour sifted with a teaspoonful of baking powder. (First set aside about a quarter of a cup of flour to flour the board.) Roll flat with a rolling-pin, to the thickness of a finger. At the same time, stir with a wooden spoon, one-half pound of table butter until it is like thick cream. Place this butter in a pile at the center of the pastry. Turn down over the butter the four corners of the pastry, forming an oval, which is allowed to remain a quarter of an hour in a cool place, covered with a napkin. Then take the pastry and extend it into a very large oval, fold it in three parts, and thus six times in succession, at intervals of a quarter of an hour, keeping the pastry in a very cold place.

As soon as the sticks or the Pirojkis are formed, glaze their surface with a pencil-brush moistened with egg-yolk diluted with a little cold water, and place them in a warm oven.

## Pirojkis

Pirojkis are little pastries filled with different kinds of mixtures and served in the form of rolls, puff-paste, round slices, etc. They may be made of puff-paste, pastry for buns, or of a sort of half-broken pastry, the recipe of which follows:

Knead together a quarter pound of butter, a cup of thick cream, two eggs, a pinch of salt and three cups of flour. The pastry should be sufficiently hard and yet a very thin leaf

## § Accompaniments

should be made from which may be cut Pirojkis in the desired shapes, and into which the desired stuffing is put.

Pirojkis may be stuffed with finely-chopped cabbage smothered in butter; with mushrooms; with crayfish prepared and chopped with hard-boiled eggs; with remnants of fowl, veal, or ham finely chopped and seasoned; with fish, etc. Of all stuffings, cabbage goes best with all soups, and to my taste, is the best. We will speak again of the stuffings in respect to the large pastries, but among the Pirojkis may be given this very simple recipe which is a sort of practical adaptation and can be made quickly: cut in two lengthwise small milk rolls such as are found in all bakeries, cover each half with a good layer of mushrooms gently cooked in butter and cream, place for a short time in a warm oven and serve with all clear soups.

## Vatrouchkis

In the half-broken pastry indicated above, or in any pie pastry, cut out little rounds from one and a half to two inches in diameter. At the same time, prepare a mixture composed of cottage cheese which has been drained since the evening before in a napkin, and to which is added a raw egg, salt and pepper. Place a layer of this mixture in the middle of each little round of pastry and pinch up the edges to form a hem. Place in a warm oven, moisten with thick cream just at the moment of serving.

Vatrouchkis are perfect with Bortsch, Bortschok and cream soups of fowl or game.

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### Pirogui

Pirogui are different sorts of pastries. Koulebiak, Rastegai, and Karavai are the most common varieties. For Pirogui may be used bun-pastry, or puff-pastry, or even cream pastry.

### Meat Pirog

This is the classic Pirog. It is made of bun-pastry. Make the pastry into the form of a fairly-elongated oval. Place in the center, and so as to leave free a large section of the edge, the following stuffing: Chop up roast or boiled beef (remnants may very well be used) with a little fried onion, add salt and pepper. At the same time, cook a handful of Carolina rice. Mix the whole together, wait until it is cold and place it on the pastry. Then pick up the corners and close them like an envelope. Where the four corners come together make a pretty pastry cockade; glaze the whole with egg-yolk, place in a medium oven for three-quarters of an hour.

### Salmon Pirog

This Pirog is generally made of puff-paste. For hostesses desiring to simplify matters, I advise ordering from the baker or from the pastry-cook who furnishes them with puff-paste, a rectangular cake about ten by twelve inches. This cake is split into two layers between which is to be placed the following cold stuffing: first a layer of Sago cooked in spiced water and well drained, then a layer of small pieces of salmon fried in

## Accompaniments

butter, and finally, a layer of hard-boiled eggs chopped with a little greenery. Close, place for a few minutes in a warm oven, just long enough to re-heat it. Serve with clear broth, or alone as an entrée.

### Fish Koulebiak, à la Moscovite

Prepare a raised pastry with the following ingredients: one and a half pounds of flour (or six cups), three-quarters of a pound of fine butter, three egg yolks, one cup of milk, one spoonful of baking powder, a pinch of salt. Set the pastry twice to rise, according to the usual custom.

At the same time, prepare the following mixture: Cut in quarters a pound and a half of flounder, remove the bones. Fry in butter with a little onion and shallot and crush all ingredients together. Cook one cup of farina, or Sago, in fatty broth. Finally, prepare a few fine slices of a tender fish such as swordfish, whiting, etc.

Stretch the pastry out into an elongated rectangle. Place in the center, and always so as to leave the edges free, first a layer of farina, then the pieces of fish, finally the chopped flounder. (Flounder may be replaced by codfish which has been soaked.) Close as is indicated for Pirog. Set to rise for half an hour, then glaze with egg and place in the oven for three-quarters of an hour.

### Cabbage Koulebiak

Prepare a fine bun-pastry or the pastry indicated in the preceding paragraph. Choose a good white cabbage, quite hard.

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Chop it into fine shreds or use a cabbage-chopper. Cover it with three teaspoonfuls of salt. Let stand ten minutes and then scald. Drain well and place in a kettle with a quarter pound of butter. Smother for half an hour, watching to see that the cabbage remains white. When the cabbage is ready, add to it three chopped hard-boiled eggs, a little onion and chopped green stuff. Allow it to cool thoroughly. Stuff the Koulebiak as described above. Glaze, place in the oven. It goes perfectly with Tzarine consommé, especially if it is served in cups. It may also be served alone, with fresh butter. This Koulebiak is excellent stuffed with mushrooms.

## Karavai

Karavai is the name given to thick round loaves of bread. In the same way, round pastries are also called Karavai. Make about twenty pancakes flavored with Vodka (in place of rum). Keep them warm. With left-over fowl prepare a hash seasoned with onion, shallot and fennel. Place on each pancake a little of this hash and a few minced mushrooms which have been gently cooked in thick cream. Place the pancakes one on top of the other, extending the stuffing so that it will not form a hump in the middle. This Karavai is delicious with mushroom cream soup or alone, served as an entrée. In this case it is well to moisten it with a tomato sauce.

## Arkangel Karavai

Prepare a raised puff-paste and make it into a long sheet. At the same time prepare the following stuffing: Cook some

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Kacha as indicated previously, mix with it small pieces of mushrooms in season stewed in butter, and two hard-boiled eggs chopped together with dill, season generously. Place a thin strip of stuffing in the middle of the long leaf of pastry, roll it so as to obtain a long round tube. Roll it again into the form of a snail to make a round galette. Place this galette in the oven in a well-buttered pan. When it is brown, turn it around in the pan so that it will brown on the other side. Serve with a red broth, Russian style.

## Rastigai

Prepare raised pastry, as is indicated above. Model it into a long rectangle.

Clean six Russian herring which will have been soaked in milk (see chapter on Zakouskis), split them lengthwise, remove the bones, interlard with finely-chopped onion fried in butter, cut in pieces; spread these pieces of herring all over the rectangle, cover with stuffing made of hard-boiled eggs mixed with sardines without bones. Roll the rectangle like a Yule-log, place in the oven after having glazed with egg, for three-quarters of an hour. Serve, cut in slices, with Oucha, or simply moistened with a spoonful of Oucha already on the plate. The classic stuffing for Rastigai has a base of Visiga. Visiga is a cartilage obtained from certain fish. It may be bought in all Russian groceries. The Visiga should be put to soak in cold water the night before. It is drained well, set on to cook in cold water with parsley, laurel, pepper, etc. Let it boil a few minutes,

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drain. Chop the Visiga, mix with fatty rice, with chopped herbs—especially fennel—and stuff the Rastigai.

## Yaroslav galette

Prepare a raised pastry as is indicated above, make it into a good round, not too thin, place it in a pan and allow it to rise. At the same time, mix three hard-boiled eggs with a cup of very thick cream and a spoonful of flour. Salt, pepper, and spread this mass on the galette and place it in the oven. Pour over some melted butter at the moment of serving with Russian broth, or with eel consommé.

# Entrées



In the preceding chapter we have seen that Karavai, Koulebiak and Rastigai are considered entrées, whether they are served with or without soup. In the latter case, Karavai appears covered with tomato sauce or creamed mushroom sauce (that used for Kacha Dragmiroff).

Rastigai replaces not only the entrée, but also the fish course, except in the case of very formal dinners.

Before the Pirogui and certain specialties which are about to follow comes the Russian entrée par excellence: Blinis with caviar. This sovereign of cookery must be served during all feast days, but it also appears at the beginning of formal dinners, at all times of year; hence we have not classed it among the religious dishes.

## Blinis

These are very small pancakes, about four inches in diameter, made of raised paste of buckwheat flour. They should be served hot with an accompaniment of melted butter, and cold thick

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cream. With Blinis are served at the same time: iced fresh caviar; iced Malossal caviar; pressed caviar previously mixed with cold boiled water on a wooden palette, so that it may be more easily spread on the Blinis; red caviar; slices of smoked salmon; and finely chopped herring, prepared as indicated in the chapter on Zakouskis.

After the Blinis, even for lunch, cups of consommé or chicken broth are served. Blinis, incidentally, are cooked in special small frying-pans, with four or five pans attached to the same handle. These little pans are generously buttered, and enough batter is poured with a spoon to give each Blini one-quarter inch thickness.

There are quantities of recipes for Blinis; we present three of them here. For the first recipe it is necessary to begin three hours ahead of time.

### Blinis I.

First recipe for Blinis: Prepare a rather soft dough with a half cup of sifted flour and two cups of lukewarm milk in which one ounce of yeast has been diluted. Allow this to rise for two hours, in a moderately warm place. Add a cup of buckwheat flour sifted with an equal quantity of fine flour, four egg-yolks, one and one-half cups of warm milk and a pinch of salt. Mix rapidly, and add the four whites beaten to a snow. Allow the dough to rise for thirty minutes.

### Blinis II.

Second recipe for Blinis: These are Goureff Blinis, which

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may be made very quickly. Use four cups of fine flour, one cup of buckwheat flour, four egg-yolks, and a half a cup of butter. Add sour milk little by little, until you obtain the consistency of very heavy cream. Add the four beaten whites and make the Blinis immediately.

### Blinis III.

Third recipe for Blinis: These are called baking-powder Blinis. Sift together two cups of fine flour, three cups of buckwheat flour, with two teaspoonfuls of American baking powder. Introduce a pinch of salt, and add little by little six egg-yolks, half a cup of melted butter, and four cups of warm milk. Add the six whites beaten just at the moment of making Blinis.

These three recipes give approximately the same result. Only after having succeeded with all of them should one be chosen in preference to the others.

### Dragmiroff Kacha

Prepare a Kacha of buckwheat as previously indicated. At the same time, mince one pound and a half of good healthy mushrooms. Heat them for a short time in a skillet to rid them of water and boil them gently in thick cream with salt and pepper.

Place in a rice-cake mold, packing them down well: a layer of Kacha, a layer of mushrooms, etc. Keep over hot water while a good brown sauce is being prepared with the following

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bouillon as a base: Cook three ounces of previously soaked mushrooms one-half hour in a pint of spiced water. At the moment of serving, remove the Kacha from its mold and cover it with this good brown sauce. The result is marvelous.

### Pumpkin Kacha

The usual Kacha is buckwheat, but in general all the cooked cereal meal is called "Kacha."

Pumpkin Kacha has as a base coarse semolina or couscous wheat cooked in milk which has been flavored with nutmeg and pepper. Mix with it a good pound of pumpkin cooked in butter over a small fire. Place it in a mold and in the oven and serve it with good thick cream.

### Kroupenik

This is another Kacha with a base of millet which may be replaced by coarse semolina if this is preferred, or if millet is difficult to obtain.

Drain one pound of cottage cheese, strain it, and add half a cup of uncooked semolina wheat, a pinch of salt, two entire eggs, three ounces of butter, two cups of milk, and place in a mold, cooking it in the oven for three-quarters of an hour. Serve it with melted butter and a pepper-mill.

### Potatoes for Lent

Cook potatoes in water; peel and cut them into fine slices. At the same time, mix sardines which have been boned, with a

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little fried onion and shallot. Place in a roasting-pan a layer of potatoes and a layer of sardines. Moisten with two egg-yolks beaten in half a glass of cream. Place in the oven for twenty minutes.

### Potatoes with cucumbers

Peel four good salted cucumbers, cut them into little sticks. Make a mushroom sauce in which are cooked the skins of the salted cucumbers. When the sauce is ready remove the peelings but leave the minced mushrooms. With this sauce moisten very small new potatoes cooked in water and surround them with the cucumber sticks.

### Forschmak

Prepare two herrings as is indicated in the chapter on Zakouskis. Chop them up with fried onion. Place at the bottom of a mold or a roasting-pan and cover with two eggs, white bread soaked in milk, a grated uncooked apple and a layer of mashed potatoes. Cover with bread-crumbs and place half an hour in the oven.

The three foregoing dishes are a boon for persons wishing to observe Lent.

### Lazanki with cottage cheese

Prepare a fine noodle paste. Cut it into strips one and a quarter inches by eight inches. Cook in salted water. Strain two cups of cottage cheese, season with salt and pepper. Place in a

## Entrees

roasting-pan, by layers, the strips of paste, or the Lazanki, and the cottage cheese. Between each layer moisten with thick cream and melted butter. Serve piping hot in the cooking-dish.

## Nalisniki

Cook young shoots of nettles, or, for want of these, spinach. Chop and season with a spoonful of cream.

Cut a noodle paste into small squares measuring three to four inches on a side. Place on each square a spoonful of nettles, roll it so as to form a little tube. Place these in a roasting-pan, cover with Mornay sauce (béchamel sauce with cheese) and brown in the oven.

## Koldouny

Mix a half pound of chopped beef with three ounces of fat from a kidney of veal and a little onion fried in butter. Add salt, pepper, and make it into little piles the size of a nut.

Prepare a noodle paste, flatten it with a rolling-pin. About two inches from the edge place the little piles, two inches apart. Cover them with the edge of the dough and, with a wine-glass or a punching-press, cut out half-moons. Cook them in boiling salted water for fifteen minutes, fish them out with a skimmer, serve them in a napkin placed on a very hot plate, with a dish of melted butter. Season with pepper.

## Pelmini Little-Russian style

Pelmenis are made like Koldounys, but in the dough buck-wheat flour is mixed with fine flour. Then, Pelmenis are stuffed

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with cooked meat, generally a remnant of pot roast. Lastly, they are larger, being cut out with a water-glass.

### Black bread omelette

Buy very black bread, rectangular in shape, in a Russian bakery. Cut it into very fine slices stewed in butter. Spread a few slices of ham and chopped onion on the bread. Pour on this eight eggs beaten as for an omelette. As soon as the whites of the eggs are cooked, interlard with chopped dill and serve in the cooking dish.

### Eggs with squash

Place six little unpeeled squashes, each of which has been cut into two or three pieces, to cook in a kettle. Add two or three small slices of bacon. When the whole is well browned, place in the kettle three good, thoroughly-ripe tomatoes from which the skin and the seeds have been removed. Cover the cooking-dish and allow to simmer gently for one hour. Serve fried eggs on the squashes.

Eggs are used in great abundance in Russian cookery, and in particular hard-boiled eggs, as has undoubtedly already been noticed. But the egg dishes are much less numerous than they are in French cooking, or even in American, hence we have confined ourselves to these two recipes which offer a little originality.

### Black bread omelette

With cooked meat generally, a remainder of your town lunch  
that is left over being cut into small pieces.

### Black bread omelette

Prepared black bread, containing the same in a Russian dish  
etc. On Friday was first used in a dinner given to the  
sons of the late and chopped onion on the black bread on the  
right side of the house as far as onions. As soon as the whites of  
the eggs are cooked, marked with chopped fill and serve in  
the cooking dish.

### Eggs with squash

Three six thin layers of squash, each of which has been cut  
into two or three pieces, to cook in a shallow dish two or three  
small slices of bacon. When the whole is well browned, place  
in the cooking dish good, through the paper, the squash, then  
the skin and the eggs have been removed. Cover the cooking  
dish and allow to simmer gently for one hour. Serve hot  
on the serving dish.

Eggs are laid in great abundance in Russian cooking, and  
in particular hard-boiled eggs, as they undoubtedly, should  
be made. But the eggs are more much for breakfast than  
for any other cooking, or even in America, hence we  
have a number of recipes in this volume which are quite  
original.

# Fish & Shellfish



Few Russian fish are found in America, but many of them resemble those found here; hence it has not been difficult to adapt the Russian preparations.

## Stuffed eel

Dress a good fresh eel. Pound the flesh together with half of its volume of white bread (without crust) soaked in milk. Add: onion, shallot, parsley, chopped dill, three eggs, three spoonfuls of chopped truffle-peelings, two spoonfuls of thick cream. Season with salt and pepper. Mix to a thick consistency on a wooden board. With this mixture, surround the dorsal fin, so as to re-shape the eel. Roll in breadcrumbs and place in the oven. Serve covered with a brown sauce into which has been put a good spoonful of chopped truffle.

## Creamed mullets

Select ten small, fresh mullets of equal size. Open them as little as possible to clean them. Roll in flour, and sauté in but-

## Fish and Shellfish

ter. Place them in a row in the dish the middle of which has been left free. Fill this space with half a pound of mushrooms which have been minced and fried in butter. Cover fish and mushrooms generously with thick cream and place in a slow oven for twenty minutes.

### Poltava whiting

Remove fillets from a good-sized whiting or two medium-sized whittings. In browned butter fry a large onion, a shallot and a dash of garlic. Over this place five thoroughly ripe tomatoes, peeled and cut in fine slices, half a pound of sorrel leaves. Simmer a few minutes. Season with salt and pepper, add a spoonful of chopped dill, moisten with one or two spoonfuls of stock. Spread the fillets of whiting on this mixture, cover the casserole and cook slowly until fish is done. Just before serving, add a good teaspoonful of tomato extract or pass a well-spiced tomato sauce at the table. This preparation is just as good for fillet of sole.

### Porgies with horseradish sauce

Cook two good-sized porgies in a well-spiced court-bouillon. Place in an oven-dish, cover with rounds of lemon, chips of horseradish and lastly with a layer of raw sour apples which have been grated. Cover with a little court-bouillon flavored with a dash of vinegar. Set in the oven for ten minutes and serve in the cooking-dish.

## 🐟 Fish and Shellfish

### Porgies with Kacha

Dress the fish well, taking care to rub it with coarse salt, then stuff it with the following: Mix with Kacha made of cooked buckwheat and onion fried in butter and finely chopped, two or three chopped hard-boiled eggs, some dill and a dash of shallot. Sew up the fish, roll it in a mixture of flour and bread-crumbs, butter it generously and place it in oven, moistened with a dash of vinegar and lemon juice. Let it brown over a very slow fire for half an hour.

### Haddock with saffron

Set a haddock to cook in court-bouillon with a dash of vinegar and several rounds of lemon. Remove, drain, place it in an oven-dish, covered with the following mixture: two spoonfuls of flour, yellowed by one spoonful of butter, one coffee-spoonful of saffron, half a cup of thick cream lightly sour. Place ten minutes in the oven, moisten with half a cup of court-bouillon and a little more cream. Serve garnished with rounds of lemon.

### Smothered flounder

Dress a good three-pound flounder, remove the skin, and cut it in small pieces. At the same time, prepare with the liver and the roe, a stuffing to which are added white bread soaked in milk, and three eggs. Season with salt, pepper and nutmeg. Place at the bottom of an earthen pot a layer of pieces of fish which have been sautéed in butter. Cover with a raw egg-yolk

## Fish and Shellfish

and a spoonful of butter. Place ten minutes in the oven. Remove from oven, cover with chips of horseradish, white bread, butter, place again in the oven for ten minutes. Spread out in a layer the prepared stuffing which will be browned in the oven, and then add a second layer of pieces of fish, together with egg-yolk, horseradish, and white bread. Place one last time in the oven. Serve moistened with thick cream.

## Mackerel

Fillet fish, cover with fine salt and with pepper; flour on both sides. Fry two finely chopped onions. Spread the fillets over the onions, moisten with a glass of Rhine wine and cover with a layer of pickled mushrooms, green olives the pits of which have been removed, minced gherkins, one spoonful of pounded shallot. Surround with quenelles of flounder or of lobster, cover with mushroom sauce and serve after fifteen minutes of cooking in a slow oven. This recipe is very well suited for the serving of flounder, whiting, and even trout.

## Trout with crayfish

Cook the fish in court-bouillon, drain them, remove skin, surround with a garnishing of small potatoes rolled in chopped dill. Cover the whole with the following sauce: Remove bodies and large claws from twenty previously cooked crayfish. Pound up the rest, and mix it with a spoonful of flour, three cups of court-bouillon, a dash of lemon juice, half a cup of

## 🐟 Fish and Shellfish

thick cream (which is added only after all the rest has been put through a sieve). Cook on the corner of the fire, and then add the bodies and the claws of the crayfish.

### Jellied salmon

Prepare jellied salmon according to all the rules of the art, and cover it, only on the sides, with a band of very finely grated horseradish, moistened with white vinegar. Serve with salted cucumbers.

### Fish Bitkis

Remove skin and fins from fish, and put it, uncooked, into the food-chopper. Mix with an equal volume of white bread soaked in milk, season with salt and pepper. With this mixture, form little Bitkis in the shape of biscuits about two inches in diameter and a half inch in thickness. Fry them in butter over a very small fire. With white fish Bitkis serve a mustard or a crayfish sauce. (See trout with crayfish.)

### Crayfish soufflé

Shell thirty crayfish. Chop up the bodies and the claws. At the same time, chop and put through a sieve one pound of whiting, mix it with the crayfish. Prepare with the carapaces a crayfish butter which is added to the purée together with a cup of cream, two egg-yolks and two egg-whites beaten to a snow. Place in a well-buttered soufflé-dish, put it in oven for twenty

## Fish and Shellfish

minutes. Serve with a mushroom sauce. Crayfish butter is prepared as follows: Pound as finely as possible the carapaces of the crayfish. To one cup of this powder add one cup of melted butter. Cook, stirring constantly, until the butter is scorched. Filter, place in a pot.

### Crayfish pudding

Prepare a thick rice cooked in milk. Season with salt and pepper. Add to this thirty hulled crayfish finely chopped, and crayfish butter. Mix gradually with three egg-yolks and three whites beaten to a snow. Place in the oven. Serve with béchamel sauce lightly tinted with tomato sauce.

# Meats



## Braised beef Hussar style

Roast rapidly in the oven two pounds of beef sirloin. Cut it lengthwise into very fine bands of meat. Between each band place the following mixture: two chopped onions, one spoonful of butter, a quarter pound of grated cheese, two egg yolks, a half cup of breadcrumbs. Season with salt and pepper and mix the whole thoroughly. When the roast is re-shaped, tie it up well with a string, and place it in a kettle with some little onions and lardoons. Let simmer half an hour in a closed container.

## Stuffed roulette

At the butcher's have flattened a good large paper-thin slice of beef. Season with salt and pepper, prepare the following stuffing: a quarter pound of chopped veal, mixed with a half cup of white bread soaked in milk, one whole egg, a pinch of

## Meats

shallot fried in butter, a spoonful of truffle-peelings very finely chopped. Spread the meat with this stuffing and on this spread three eggs mixed with ham. Roll up the meat, surround it with a few bands of fat ham, tie with a string, wrap in a piece of linen, and place in a pot the bottom of which has been garnished with a few strips of bacon and remnants of meat. Cover hermetically and let cook two hours over a low fire. At the moment of serving, bind the meat-stock with fecula starch, press the vegetables through a sieve and serve, covered with this sauce.

This veal stuffing is replaced advantageously by minced mushrooms—about a pound—simmered in thick cream.

## Stroganoff beef

Cut two pounds of roast beef into good little rectangles of equal size. Season with salt and pepper. At the same time, prepare a well-spiced brown sauce to which is added one teaspoonful of English mustard in powder form. Just at the moment of serving, bind the meat-stock with cornstarch, full of essence of tomato. Roast the rectangles of meat rapidly over a quick fire, and, when they are well browned, plunge them into the sauce and let them simmer ten minutes on a corner of the fire.

## Zrazy

At the butcher's have prepared small, very thin beefsteaks four inches by eight inches. Count two of these for each per-

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son. Season with salt and pepper. At the same time, fry together in butter one chopped onion, a half pound of mushrooms, two or three slices of dry black bread which has been crumbled, a spoonful of good consommé. Spread the Zrazy with this mixture, roll and tie them with a string, and roll them in flour. Put in the kettle to brown in a little kidney fat, with some very small onions. Add a few spoonfuls of broth, close the kettle, leave on the corner of the fire for ten minutes. Gather the sauce in a saucer and serve the Zrazy on very fine slices of black bread.

### Ordinary Bitkis

Russians, like Americans, make great use of chopped meat. Whether it be meat from fish, beef, veal or even game, it is preferably chopped finely. We have seen in the chapter on fish that Bitkis are a sort of cake made of finely chopped meat which has been mixed with its volume of white bread soaked in milk.

Ordinary beef Bitkis are prepared in the following manner: take one pound of beef chopped finely together with one cup of fat from a kidney of veal, an equal quantity of white bread soaked in milk, an onion fried in butter. Season with salt and pepper, mix everything well with a fork. Form Bitkis of equal size (three inches in diameter), roll them in crumbs. Fry in very hot butter on both sides and then allow to cook twenty minutes over a very low fire. The Bitkis should not remain rare inside. Serve with any garnishing of vegetables.

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### Bitkis Skobeloff style

These are prepared like ordinary Bitkis, with the difference that they are glazed with egg before being rolled in bread-crumbs, and in particular that, as soon as they are browned, they are covered with thick cream before being browned half an hour in a slow oven.

### Bitkis Cossack style

Prepare Bitkis which are very much smaller than the preceding. Fry them in the skillet. Arrange them in an oven dish, leaving a space in the center in which are placed some very small cooked new potatoes. Cover the whole with a good, well-spiced tomato sauce. Place for a few minutes in a slow oven.

## Veal

In Russia, much younger veal is eaten than in America. A leg of veal no larger than a leg of mutton is not infrequently served at dinner. Garnished with fresh mushrooms in cream, it is a divine treat. Contrary to American custom, young animals are more generally boiled than roasted. Here are two excellent preparations for boiled veal.

### Breast of veal with cream

Dress two pounds of good breast of veal, plunge it into boiling water and boil five minutes. Remove the veal, drain it, wash

## Meats

in cold water and drain again. Place leeks, onions and celery to cook in the stock, and at the end of an hour place the veal in this broth. Allow to cook over a slow fire until the veal is done. Between times, prepare, with the broth as a base, a white sauce to which are added a cup of thick cream and half a pound of previously cooked mushrooms. Cut the breast into pieces of equal size and let them simmer about a quarter of an hour in the sauce. Serve with small new potatoes.

### Veal with crayfish butter

Cook the breast of veal in the preceding manner. Cream a good spoonful of crayfish butter, add gradually three cups of veal stock. In this sauce place twenty shelled crayfish, ten little bouquets of partly cooked cauliflower and twenty asparagus tips. Cut the breast in pieces, arrange in a deep dish and cover with this sauce.

### Orloff veal

Roast in the oven about two pounds of veal, preferably fillet. (Left-over roast veal may perfectly well be used.) Cut the entire roast into thin, equal slices. Between the slices place minced mushrooms which have been fried in butter with chopped onion, and simmered gently in thick cream. Rearrange the roast in a long oven-dish, cover with rather thick béchamel and place twenty minutes in a light oven.

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### Roast veal with caviar

Roast in a kettle a good fillet of larded veal. When it is well browned, moisten it with a glass of Rhine wine, cover it with rounds of lemon and cook twenty minutes under a hermetically sealed cover. Cut into fine slices, place on a very hot serving-plate, and cover generously with the following sauce:

In a glass of broth or cooking stock dilute four spoonfuls of pressed caviar, creamed with a spoonful of table butter and flavored with a dash of lemon juice. Serve with rice which has been cooked dry.

### Calf's liver with milk

Select at the butcher's ten slices of calf's liver, place them in a bowl the night before and cover them with milk. One hour before the meal, drain and flour them. At the same time, mince and fry in butter three large onions. In the same skillet, brown the slices of liver on both sides over a fairly quick fire. Lower the flame, cover the slices of liver with thick cream, and allow to cook gently, uncovered, for twenty minutes.

### Veal Zrazy

At the butcher's, have some very thin scallops cut. Stuff them with following mixture: half a pound of mushrooms chopped finely with a shallot fried in butter. Roll, tie with a string, and allow to brown. Cover with thick cream, and cover the container. Let simmer two hours over a very low fire. Add cream

before arranging in the form of a crown on a round plate in the middle of which has been formed a little mountain of purée of carrots.

### Salnik

Soak one pound of calf's liver two hours in milk. Poach it in boiling water. Drain and then chop finely; mix with: an equal quantity of soaked white bread, four egg-yolks, two spoonfuls of cream, an onion which has been minced and fried in butter. Season with salt and pepper and flavor with a bit of nutmeg. Fill a tripe with this mixture. Cook two hours in a slow oven. Serve surrounded with little whole tomatoes cooked in the oven.

### Veal bread

Press through a sieve one pound of previously cooked calf's liver. Mix it with: three egg-yolks mixed with one liqueur-glass of cognac, a handful of white bread. Season with salt and pepper. Add four beaten egg-whites. Place in a buttered rice-cake mold, set in water, and put in the oven for half an hour. Serve with a béchamel sauce strongly flavored with lemon.

This dish, which is very much liked, is served at the Russian table after the roast. At a French table it will appear preferably with the entrée course, as a soufflé.

## Lamb

### Young lamb boiled

For six persons the fore-quarters are sufficient. For a larger number of guests add the saddle or even the whole animal. Cook the lamb in a court-bouillon seasoned only with colorless vegetables, six grains of pepper, thyme, laurel. When the meat is tender, drain, cut up and arrange the pieces on a sauce of new turnips, bound with a good cup of thick cream.

### Mutton with cumin sauce

Cook the mutton in the same manner as the lamb, but at least half an hour longer. Make a brown sauce, with a base of the mutton stock, into which put a soup-spoonful of cumin and a strong dash of vinegar. Cut up the meat, arrange the pieces on a plate and cover with the cumin sauce.

### Mutton Tartar style

Select a small leg of mutton, cut it into strips which are covered with salt and pepper and allowed to stand half an hour. Fry the pieces of mutton over a quick fire with small pieces of bacon and little onions. Moisten with a few spoonfuls of bouillon, close the cover of the kettle, cook over a very slow fire together with one cup of Carolina rice which has been previously scalded and well drained. Add salt, thyme, laurel, place in the oven, always in the kettle. Moisten again with broth if the rice is not sufficiently swollen. Turn out on a round plate, without stirring, surround with tomatoes fried in butter and arranged in the form of a crown.

## Mutton Bitkis

These are prepared like the others, but in order that they may remain as juicy as those of beef or veal, instead of breadcrumbs roll in a light frying-paste and fry them in oil.

## Caucasian Chachlik

At the bottom of an earthenware pot place eight to ten boned ribs of mutton, sprinkling them with salt, pepper, dashes of garlic, dill, and parsley. Cover them with boiled vinegar allowed to cool, to which has been added an equal quantity of water flavored with tarragon. Let stand for several hours. Remove the ribs, wipe them carefully, and run them on a long skewer, separating them from each other with rounds of onions, slices of bacon, and firm tomatoes. Expose them to a flame over a plate in which is collected the juice. The ribs should be rare. Serve them on the skewer. In the Caucasus, chachlik is served on a sword. It should be served with dry rice.

## Pork

### Suckling pig

It has been seen that suckling pig which has been used for making broth may be eaten hot or cold. In both cases it is accompanied by a horseradish sauce. In the first, prepare the sauce indicated for boiled beef. In the second, serve a sauce tureen of thick cream lightly salted, in which are introduced two spoonfuls of grated horseradish.

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### Suckling pig with Kacha

Singe and dress a small suckling pig. Smear it with olive oil so that the skin, which is the most delicate part, will be both crisp and tender. Make a slit of moderate length in the stomach, and stuff the pig with Kacha. Sew together the slit and place in a quick oven. As soon as the little suckling pig is well browned on all sides, lower the fire, and baste with the cooking-juice very frequently. Allow the same time for cooking as for a turkey.

The little suckling pig is cut first of all in two: from the head to the feet (the head being left whole) on the spinal column, then at right angles to the spinal column, so as to form, in addition to the feet, three equal pieces from each side. Arrange the animal on a large plate, taking care to place the pieces next to one another, as if the little pig were whole. Serve the juice in a saucer, with a spoonful of cream.

### Roulette of suckling pig

Dress and singe a suckling pig. Remove the feet and head, and bone the rest. With the bits of meat which remain around the bones and the liver, make a stuffing by chopping all of this together with shallot and onion. Spread out the pig from which the bones have been removed, line the interior with the stuffing, roll into the form of a tube, and tie with a string. Set to cook in an unflavored vegetable broth, that is to say, without spices. When the roulette is very tender (the skin of the suckling pig should have become almost transparent), drain it

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and allow it to cool. Serve garnished with rounds of salted cucumber and a sauce prepared as follows: two egg-yolks creamed with two spoonfuls of olive oil, half a cup of vinegar and a cup of grated horseradish.

### Boujenina

Boujenina is nothing more than a leg of pork, or that part used to make ham. It is thus procurable only in the country from a farmer, unless pigs are raised at home. Boujenina may be prepared roasted or boiled. In both ways, it is the best and most delicate meat imaginable. Roast Boujenina is prepared like a leg, without garlic. Boiled Boujenina is served in the following manner: Wrap the Boujenina in a napkin, plunge it into a pot of cold water with two handfuls of new hay, and boil two or three times. Take out the Boujenina, remove it from the napkin and place it in a kettle with a kitchen bouquet, pepper, thyme, and laurel. Cover with dark beer and let cook over a very slow fire. Before serving bind with flour the cooking stock from which the grease has been removed. It is delicious!

### Vertchaka

Brown some pieces of pork (cut to a point) in a kettle, with bacon. Remove the pieces of pork, place them in a stew-pan and cover them with beetroot juice which has been prepared by pouring three cups of boiling water over half a pound of chopped beetroot, sprinkled with vinegar. Season with salt and pepper and bring to a boil. Before serving, bind the cooking stock with crumbled black bread.

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and a little to cool. Some furnished with heads of sheep  
of which and a few others in hollow two eggs  
covered with two pounds of olive oil half a cup of vinegar  
and a cup of ground mustard.

Bovine

Bovine is a boiling water than a log of wood or that part used  
to make bark. It is the most delicate in the country from a  
number unless you are in the house. Bovine is the pic-  
ture of a cow or bull. In both ways it is the best and most  
delicious most valuable food. Bovine is a vegetable  
like without any other. Bovine is covered in the morning  
with the bovine in a wooden plumb line a pot  
of cold water with two handfuls of raw hay, and half a cup  
of oil. It is the best of the bovine. Some of the bovine  
and bovine is a little with a little of the bovine. It is  
and much. Cover with cold water and keep over a low fire  
for about twenty days without the covering and then  
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112

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# Poultry & Game



From the very first days of Spring, an enormous number of corn-fed pullets are consumed in Russia. Such a sacrifice of them is made, particularly in the country, that they are customarily called "the great martyrs"!

The best, particularly for boiling, are pullets six weeks old. However, they are excellent up to the age of 13 weeks. All of the pullets are split in half for convenience of cutting. For six-weeks animals, count one for each person. For the others, one-half is sufficient.

## False pullets

This recipe is addressed to readers who have their own estates in the country where they raise their own poultry.

Five days before killing them, feed the necessary number of very young pullets with flour mixed with very finely chopped Juniper berries. Kill the pullets, and, without plucking them, put them into the refrigerator for four days. Then pluck and clean them, season them with salt and pepper, and

## Poultry and Game

rub them with Juniper. Let them stand one more night. Before preparing them, wash and dress them as pullets are ordinarily dressed, which is to say, larded and the feet held in place by means of little sticks, and the head removed. Sprinkle the pullets with vinegar and roast them on a skewer. When they are well browned and crisp, cover them with thick cream. Serve them with a salad or any other garnishing suitable with pullets.

### Pullets with crayfish

Cook the pullets as indicated above. At the same time, prepare the following mixture. In a stew pan, place one spoonful of butter, two spoonfuls of flour, two cups of broth, and bring to a boil. Add one cup of cream, salt, flavor with nutmeg and sprinkle with chopped parsley. Bring again to a boil. Then place in this sauce thirty shelled crayfish, a few small bunches of slightly cooked cauliflower, and twenty asparagus tips. Serve the pullets in this sauce.

### Stuffed corn-fed pullets

Obtain some Little Russian bacon, that is to say, bacon which is completely white, without the least pink color. This is cut in the form of a long stick, and is eaten by the Cossacks with their black bread. That is the explanation of the legend, prevalent to the present day in France, which attributes to the Cossacks the custom of "eating candles."

Cut these candles in long strips, slide them under the skin

## § Poultry and Game

as is done for truffles. Stuff the pullets with a dressing prepared in the following manner: moisten in liquid cream the white of a half a pound of bread, add salt, flavor with a good pinch of saffron, and work this together with two eggs beaten to the consistency of an omelette. Sew together the opening, butter the pullets over the entire surface. Set them in the oven a half-hour before dinner, and, before serving them, roll them in breadcrumbs and baste them with the cooking stock.

### Fat pullet with whortleberries

The animal, whether it be a fat pullet, capon or chicken, is roasted on a skewer, according to all the rules of good cooking; but, a few minutes before serving, the fowl is coated with thick cream on all sides. No garnishing accompanies poultry, but a small compote-dish of preserved whortleberries is passed with the platter.

### Stuffed duckling

Dress some small ducklings (one for every two persons). Rub them inside and out with coarse salt mixed with a handful of cumin. Cook a quarter of a pound of coarse macaroni in salted water. Cut small sour apples in quarters. Mix the cooked macaroni and the uncooked apples with two eggs beaten to the consistency of an omelette and flavored with nutmeg. Stuff the ducklings with this and place them in a well-buttered kettle. When the ducklings are well browned on all sides, cover, and lower the fire.

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### Roulette of turkey

Remove all the bones from a turkey. Cut off the feet and wings, and carefully spread out the fowl as far as possible. Take off three slices of fine white meat for fillets. Prepare the following stuffing: one pound of veal chopped together with the liver and a quarter of a pound of bacon added to three egg-yolks. Season with salt and pepper. Spread over the entire turkey, and lay over it the slices of white meat, some lean chopped ham, some minced truffles and some pitted olives. Roll into the form of a Yule log, tie with a string and wrap in a piece of linen. Set this to cook in salted water with two whitened calf's feet and a kitchen bouquet. Let this boil for two hours and allow it to cool in the cooking water. At the end of half an hour, place the roulette under a weight (an iron, pestle, stone, etc.). Between times, remove the fat from the stock, clear it, flavor it with the juice of a lemon, strain it and let it cool. Cut the roulette in fine slices and cover it with the cooking broth, just at the moment when the latter is about to take the form of a jelly. Serve with mayonnaise or creamed horseradish sauce.

### Goose with prunes

Cut a fine goose into eight or ten pieces. Set them in a pot, cover with cold water, and bring to a boil three times. Remove the goose, and rinse it with boiling water. With the cooking stock, which will have been carefully skimmed, make a savory

## ☞ Poultry and Game

and highly flavored broth. Place the goose in this for two hours. At the same time, cook one pound of large prunes in very little water and without sugar, and when they are almost ready add the blood of the goose. When the goose is cooked, arrange the pieces on a plate, surround them with prunes, and glaze them with a little bouillon bound with cornstarch.

### Pojarsky cutlets

This is a dish of exquisite delicacy. The meat of the chicken is prepared and mixed with white bread soaked in milk, as for veal, but each cutlet is made in two parts joined one to the other with finely-minced mushrooms cooked in cream. When the cutlet is opened the eater should be surprised to see this delicate mass of mushrooms and cream flow forth. Its taste blends admirably with that of poultry flesh. If the hostess wishes to please, she may plant on the pointed end of each cutlet a piece of uncooked macaroni capped with a delicate frill. In regard to this, I call the attention of my readers to the charming effects obtainable with color contrasts between the frill and the garnishing of the cutlets. For example, nothing prettier, or more appetizing, may be imagined than a crown of poultry cutlets capped with pink frills and encircling a dome of asparagus tips; or, on the other hand, frills of delicate green paper, together with a garnishing of purée of carrots.

### Pheasant with cream sauce

Cut off the head and tail of a pheasant which has hung, still in its feathers, for eight days. Dress the pheasant, cover it with

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bacon. After having removed all of the interior (nothing is done with the liver, heart, etc.), butter it with little pieces of bacon. Set to brown in a kettle and cover it almost entirely with cream. Cover, and cook over a slow fire until the pheasant is cooked. Cut it up according to all the rules of the art. At the same time, holding them by means of the feathers, fry the head and tail rapidly in hot butter. Fasten them to the fowl by means of small sticks or short skewers. Serve the sauce, which should be very rich, in a sauce tureen, and at the same time pass a small compote-dish with preserved whortleberries or cranberries, or little salted cucumbers. This preparation is perfectly suitable for peacock or heathcock.

### Heathcock

Heathcock, like partridge, is rather tough game. It is much better when it has soaked three or four days in a mixture of oil and vinegar. After that, roast it like creamed pheasant. It is useless to adorn it with its feathers, but it may be arranged on a bed of finely-chopped beetroot, cooked in béchamel strongly flavored with lemon juice. It is very good and of a beautiful color.

### Hare with beetroot

Same preparation.

### Smoked bear's loins

This, as well as reindeer loins, is found in the best Russian food-shops. It is eaten in very thin slices.

# Pastry



Russian pastry does not greatly differ from American. It is more in the garnishing, the decoration, and the unexpectedness of certain perfumes that it offers anything new to American epicures. At the Russian table the large cakes called tarts, which always appear on Sundays and at all family celebrations, are as much liked as they are in Switzerland and in Austria.

There exists an infinite variety of little pastries. We will speak particularly of the biscuits and broad thin cakes which appear around the Samovar in the morning, and are also welcomed at tea time.

## Saffron tart

Beat to a froth, in a cool place, a cup and a half of butter. To this add a pound of sugar and, one by one, eight whole eggs. Stir constantly. When the mixture has become thick and white, flavor with four drops of essence of bergamote, and add gradually four cups of fine flour. Pour into a round mold and place in a slow oven for an hour. At the same time, allow a strong

## Pastry &

pinch of saffron to steep in a small glass of rum; filter, and moisten two and a half cups of confectioner's sugar with this infusion. Add rum if necessary to obtain a good consistency, and ice the tart while it is still hot.

## Poppy tart

Scald one cup of poppy seeds and allow them to soak one hour. Wash them in several waters and drain in a colander. Mix the poppy seeds with ten egg-yolks, one cup of powdered sugar, a very full cup of cream, six bitter almonds crushed to a pulp, and a scant cup of cornstarch. Add to this, gently, six egg-whites beaten to a snow and mix the entire mixture until it is perfectly smooth. Place in a buttered mold lined with bread-crumbs and set in the oven. The fire should be fairly low and even. Count a good half-hour for cooking.

## Nut tart

For this cake we are giving proportions providing for a reception of about twenty persons, this tart being preëminently one for solemn occasions.

Crush in a mortar, together with the white of an egg, two cups of nuts from which the little skins have been removed. Then transfer this mixture into a bowl and add to it: two and two-thirds cups of sugar, eighteen egg-yolks, one by one, and the eighteen whites beaten to a snow. When the whole is well mixed, gradually sift in two cups of flour. Divide the mixture in two equal parts and cook the parts in the oven in round

## Pastry

molds of the same size. When these two rounds are ready, let them cool and join them together with the following mixture: cook together, on a corner of the fire, one cup of liquid cream, one cup of sugar, one stick of vanilla, a pinch of salt. When this has been reduced to half its size, add, stirring constantly, three egg-yolks, half a cup of bitter almonds crushed to a pulp and mixed with the white of an egg. Allow the whole to thicken on the fire, yet without boiling. Frost with confectioner's sugar moistened with Kirsch and decorated with halves of nuts artistically arranged.

Because of the crushing of the nuts this tart calls for much patience, but this patience is amply rewarded by the marvelous result.

### Eugénie tart

Stir four entire eggs and two egg-yolks for a long time, until they are a white foam. Drop in gradually one cup of corn-starch; stir. Then add a good spoonful of chopped orange peel, one spoonful of crushed pistachios, a spoonful of almonds cut in little sticks. Stir well once more. Make this mixture into two rounds (30 minutes of cooking). Between these two rounds put a thick apricot marmalade supplemented by a few minced almonds. Cover with a pistachio icing prepared in the following manner: mix well half a cup of crushed pistachio with one cup of confectioner's sugar moistened with a coffee-spoonful of orange-blossom water. Tint the icing with a coffee-spoonful of purée of spinach. Before the icing is completely firm, stick in whole pistachios artistically arranged.

## Pastry

### Mazurka Little-Russian style

Mazurkas are a kind of very light cake which is liked very much with tea. There are quantities of different varieties but we will confine ourselves to giving the three most highly-esteemed recipes.

Grate the rind of an entire lemon and cook the lemon in water until it has become absolutely soft. Then press it through a sieve and add to this pulp the grated rind, one cup—not quite full—of sugar, and six egg-yolks; stir for a good hour, add the six egg-whites beaten stiff and a cup—not quite full—of corn-starch. Pour into a rectangular mold and place in the oven.

### Mazurka with hard boiled eggs

With a wooden spatula, mix ten hard egg-yolks, so as to obtain a smooth paste. To this add a good soup-ful of butter, half a cup of sugar, the rind of half a lemon, a scant cup of flour and a raw egg. Stir this entire mixture for a long time. Place in a paper-lined mold and in a very slow oven. Ice with apricot icing.

### Mazurka “the best”

Cream to a white froth one cup of butter. Without ceasing to stir add to it: one and a quarter cups of sugar, six egg-yolks, half a cup of chopped almonds among which are ten bitter almonds, six beaten egg-whites and two cups of flour. Place

## Pastry

in a rectangular paper mold, quite long and not too high. Medium oven.

### Krendel

This always occupies the place of honor, beside the Samovar, on family feast-days. Its pastry closely resembles that of the Koulitch, as will be seen. Cream six egg-yolks with a cup of sugar. To this add one cup of creamed butter. Pour in very gradually four cups of flour sifted with four spoonfuls of baking powder. Add one cup of milk flavored with rum. Add some Smyrna raisins without seeds, some grated fruit confits, and lastly six egg-whites beaten to a snow. Knead this together for a long time, form a sort of long sausage which will be made into a very large pretzel, and set on a piece of sheet iron covered with buttered paper. Glaze with egg-yolk, sprinkle with almonds and lozenges of "angelique."

### Queen cake

Cream five egg-yolks with half a cup of sugar and a liqueur-glass of rum, add two cups of flour and grated orange peel. Knead for a long time. Flatten with a rolling-pin, and cut out two rounds of the pastry the size of a mold. Place one at the bottom of the tart mold, and line the sides with a ribbon of pastry. Cover this with the following mixture: ten finely-minced apples which are cooked in a cup of white wine with half a cup of sugar, two spoonfuls of preserved cherries, a handful of dry raisins, and chopped almonds. Cover with the

## Pastry

other round of pastry, very carefully placed above the ribbon of pastry, sprinkle with breadcrumbs mixed with sugar, and place in a medium oven for an hour and a half. Remove from the fire and put back in the oven covered with a layer of meringue. This last is optional. It is preferable when the cake is to be served as a sweet. Otherwise, serve it dry.

## Jam Hats

Beat to a creamy consistency one cup of butter, add a cup of sugar, two eggs, a cup of flour. Work the ingredients together for a long time. Butter small cylindrical molds, fill them half-way with pastry, add a good layer of strawberry jam without juice and finish by filling them with pastry. Place in a medium oven.

## Sugared Korjikas

Beat together five egg-yolks and two whites. Pour in, drop by drop, a small glass of brandy, a spoonful of thick cream, a small spoonful of sugar. To this add, little by little, the necessary amount of sugar to form a thick paste. Roll the paste to finger thickness. With a glass or cutter, form small biscuits which are powdered with sugar mixed with cinnamon. Set in a hot oven, on a piece of sheet iron covered with flour.

## Boublikis

Mix one cup of cream, six egg-yolks, half a cup of butter, one cup of sugar, three cups of flour sifted with three spoonfuls of

## Pastry

baking powder. One should obtain a paste as dry and firm as puff-paste. Knead carefully, form little rings which are plunged into boiling milk. As the Boublikis rise to the surface, fish them out with a stick and put them into a very slow oven after having glazed them with egg-yolk. The Boublikis should swell and assume the forms of little tires.

## Poppy seed biscuits

With a wooden spatula stir three spoonfuls of melted butter, two eggs, six spoonfuls of liquid cream, four lumps of sugar, one and one-half cups of flour. Let stand in a cold place. Roll out, cut out little rounds with a cutter and cover them with the following mixture: scald half a cup of poppy seeds, wash them in cold water and drain; to them add two cups of sugar, two eggs, mix well. Set the biscuits in a slow oven.

## Krendelkis

Make a pastry with three cups of flour, four eggs, one table-spoonful of butter, half a cup of sugar, half a cup of liquid cream, knead carefully. Form into little pretzels which are plunged into boiling water. When they rise to the surface, fish them out, sprinkle with sugar and set in the oven.



# Sweets



The most characteristic sweets of Russian cookery are unquestionably those with cottage cheese as a base, but there is also something quite unique in the Russian manner of cooking and serving fruit. We will therefore study sweets made with cottage cheese and fruit, and cite only those few others which seem to us to possess some especial interest.

## Vatrouchkis

These sorts of tartlets which are served with Bortschok may, when otherwise prepared, also make a successful appearance as sweet dishes. Make little rounds of pastry according to personal taste, hem them up on all sides, and fill them with the following mixture: press through a sieve two cups of cottage cheese which has been pressed and drained, add to this a quarter cup of butter, two spoonfuls of thick cream, two spoonfuls of powdered sugar, three egg-yolks, a handful of Smyrna raisins, the whole being well mixed together. Brown in the oven, and serve with fresh cream, powdered sugar and cinnamon.

## Sweets ❧

### Little-Russian bread

Cream five egg-yolks with one cup of powdered sugar until they are white. Add a pinch of powdered vanilla, one-quarter cup of butter, one cup of cream and one cup of cottage cheese which has been pressed through a sieve. Mix the whole carefully together. Butter a rice-cake mold, line it with bread crumbs, pack in the mixture and place for one hour in a slow oven.

### Arkas

Mix well together one cup of clotted milk, half a cup of thick cream, and five eggs. Then add eight cups of milk, a pinch of salt, and set to cook over a corner of the fire until all the milk has become clotted. Sugar and place the mixture in a napkin which is then hung up in the cellar or refrigerator to drain well. Remove carefully the ball thus formed, place it in a deep dish, and cover it with whipped cream flavored with vanilla.

### Syrnikis

These are, in a way, Bitkis of white cheese, or if preferred, small cakes modeled from the following ingredients: three cups of cottage cheese pressed through a sieve, three eggs, a quarter of a cup of flour, a pinch of salt. Form a large sausage, cut off little slices from it with a knife. The Syrnikis may be either boiled or roasted; it is a question of taste. Boiled Syrnikis are plunged into boiling water and removed with a skimmer as soon as they rise to the surface. Syrnikis which are to be

## 🍩 Sweets

roasted are rolled in flour before being browned in the frying-pan, in hot butter. They are both served with powdered sugar and thick cream.

### Yatchnev Kacha

Mix carefully together: one teacup of hulled barley (or, for want of this, pearl barley), four cups of cottage cheese, two cups of cream, five eggs, a pinch of salt. Place all of this in an earthenware pot and set in the oven until a little brown crust is formed. Serve in the dish with powdered sugar and cream.

### Kissel

Kissel is a kind of semi-fluid jelly prepared not with gelatine but with a base of cornstarch. As a general rule, count one soup- spoonful of starch for every pint of liquid, but each housewife will prefer a certain degree of thickness. Furthermore, cold Kissel calls for less starch because starch always thickens in cooling. It is very important not to let the starch boil. As soon as the mixture thickens and becomes transparent, the Kissel is ready. Kissel which has boiled is sticky and tasteless. Kissel may also be prepared as thick as jelly and allowed to set in a mold. It is perhaps prettier, but is not as good. At the Russian table, Kissel is eaten in soup plates, and generously supplemented by liquid cream.

### Chilled fruits

With black cherries: crush with their stones two pounds of black cherries with short stems. Press through a sieve, add to

## Sweets

the purée thus obtained one cup of powdered sugar, one glass of red Bordeaux, and two or three cups of boiling water. Remove the stones from a handful of cherries, injuring them as little as possible, and stir them into the mixture. Set to chill in an ice-box, and serve in cups with small wafers.

With strawberries: cream five egg-yolks with one cup of sugar. Dilute in three pints of liquid cream and stir the mixture on the corner of the fire, without allowing it to boil. Let it cool and gradually add whole strawberries pressed through a sieve. Set to chill. At the moment of serving, drop in very small balls of vanilla ice cream, which will float. This very delicate dish is always received with the greatest success at buffet suppers, dances, parties, etc.

## Whortleberry cream

Scald a good pound of thoroughly ripe whortleberries (for lack of these, a bottle of whortleberry juice may be substituted), drain, press through a sieve, sugar. Add a large cup of liquid cream, five or six leaves of gelatine dissolved in a little juice. Pour the mixture into a mold set on ice and beat with a beater until it sets. Remove from mold and serve with whipped cream. Similar creams are made with apples, apricots and strawberries.

## Pear bread

Select a dozen small sweet pears (preferably Bergamots), peel and cut them into fine slices and set them to cook over a quick fire with very little water and sugar. At the same time, cream

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six egg-yolks with a quarter of a cup of sugar, one spoonful of butter and white of bread soaked in milk. Flavor with lemon to taste and add the six whites beaten to a snow. Fill one quarter of a mold with this mixture, on top of this add the cooked pears (they should contain no liquid), and finally, the rest of the mixture. Set in the oven for twenty to twenty-five minutes. This same bread may be made with apples or candied chestnuts which have been crushed and lightly moistened with Kirsch.

### Black bread Charlotte

Grate a rectangular loaf of very stale black bread with a coarse grater. Fry gratings in butter with cinnamon. Remove from the fire, moisten with half a cup of wine flavored with lemon to taste. Add orange peel, and half a cup of powdered sugar. Butter a Charlotte mold and line it with bread crumbs. At the bottom of the mold place a little of the mixture, then a layer of finely-minced sour apples and so on, finishing with a layer of black bread. Set in a slow oven for one full hour. Remove from mold and serve very hot with chilled liquid cream.

### Tea-bombe

Boil a large cup of cream, plunge into it a soup-  
spoonful of green tea leaves. Bring again to a boil and allow to steep. When cold, strain it. At the same time, mix five egg-yolks with half a cup of sugar, to which add gradually the tea and cream mixture. Stir, keeping it on a corner of the fire without letting it boil. Pour into a mold and allow to chill. When the mixture is

## Sweets

about to set, add two cups of sugared whipped cream and stir while it is in the ice-pail.

### Coffee Kissel

Make a Kissel of mocha coffee, not too thick. Serve boiling hot with chilled fresh cream.

### Chaufroid de café

Cream six egg-yolks with one cup of sugar. Dilute with five cups of cream; add one cup of very strong black coffee. Allow to thicken without boiling, and then let chill. Serve with very small meringues filled with vanilla or chocolate ice cream.

### Black currant-buds ice cream

Make two cups of sugar syrup in which two handfuls of black currant buds are cooked. To this add the juice of half a lemon, then strain, chill, and put in an ice pail. This is a deliciously flavored dessert, and it is regrettable that it can only be made two or three weeks, at the most, during the year.

### Sago with wine

Soak one cup of sago, or coarse tapioca, for two hours in cold water. Drain and then partially cook it in boiling water. Drain in a colander, and then cook in two cups of red wine with cinnamon. When the sago is thoroughly cooked, sugar it and let it thicken. Place in a moistened mold lined with sugar, set it to cool, and serve moistened with cherry syrup.

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### Goureff Kacha

Cook five tablespoonfuls of farina in a quart of cream. Flavor with sugar and vanilla. At the same time clean three cups of almonds chopped together with about ten bitter almonds. Mince one cup of different fruit confits. Mix all of this with the farina. Pour the mixture into a soufflé mold, cover with a good layer of browned caramel in which are attractively placed some nuts and pistachios. Set in the oven for a quarter-hour. At the moment of serving, pour a shower of Kirsch over the caramel and ignite it.

### Pancake cake

Make twenty delicate rum pancakes. Place a layer of thick sugared béchamel (made with cream instead of milk) between each of them. When the pancakes are all stuck together so as to form a sort of pudding (be sure that it is kept hot), moisten it with hot strawberry Kissel.

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### General Notes

Let the first part of the book be read in order. This will give the reader a general idea of the book. The second part of the book is a collection of papers on the subject of the book. The third part of the book is a collection of papers on the subject of the book. The fourth part of the book is a collection of papers on the subject of the book.

### Particulars

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# Ritual Dishes



The Russians have always celebrated Christmas very joyfully, considering this holiday at the close of the year, however, as a day principally for the children. Easter, or the Day of Resurrection, is, on the contrary, a universal fête for believer and unbeliever alike. It coincides with the new coming to life in Nature, which for a people as pantheistic as the Russians is not without importance. Moreover, it replaces the old pagan Rite of Spring—hence all these customs which have been preserved to the present day and which, one must admit, have nothing at all Christian in their nature.

If my readers have even once attended the great midnight Easter mass in some Russian cathedral (such as the one in Paris), they could not have failed to be impressed by the marvelous beauty in the songs of joy, but also, and above all, by the scintillating glow of candles, gold, and gorgeous brocades, by those large white Easter loaves brought for blessing, and by the entire legendary and pagan aspect of the Orthodox service. One senses the swift passage from Good Friday, with

## Ritual Dishes ❧

its spirit of penitence and fasting, to the overwhelming and unrestrained joy of the Resurrection.

Once, on an Easter night in Russia, finding myself out in the country, I saw a little mujik fall fervently to his knees at the first sound of the bell. Then up he jumped and began dancing a wild jig in rhythm with the joyful carillon. Was he not reviving the biblical action of David dancing before the Sacred Ark of the Jews?

All this spirit appears on the Easter table: the great loaves of bread, the little Easter lamb made of butter, and the suckling pig, the crosses of gold paper, the roses, and the candies, and above all, appearing everywhere—in sugar, in jellied fruits, in almonds and flowers—the two sacred letters: “X. B.”—“Christ is Risen.”

The Easter table remains set at least a week. People do not sit down at table at regular mealtimes, but with each newly-arrived guest they eat and drink something, for there is an uninterrupted succession of visitors for some time. On Sunday, the “first day” as it is called, only the men go out to announce to neighboring houses that Christ is risen. The women remain at home to offer, with the three ritual kisses, all the marvelous things gathered in abundance on their table.

Let us then see how this celebrated table is prepared. It is set in about the same manner as the table of Zakouskis, but on a much larger scale. Usually all the extra leaves are inserted, and the largest, most beautiful cloth brought out for this occasion.

I have seen a very beautiful oval table, at the two ends of

## § Ritual Dishes

which little columns of greenery had been arranged, sorts of pergolas covered with garden cress. On one side these bowers sheltered the glasses, on the other, the spare plates since, as in the case of Zakouskis, there is no service.

Toward the middle of the table, surrounding the butter, which is served in the form of a little lamb with curly wool and decorated with a parsley collar, there is salt, pepper, mustard and horseradish. Of course there are bouquets of flowers distributed all about.

Of the salted dishes, the largest one served is the suckling pig, which may be prepared by any one of the previously indicated methods. But it is dressed in holiday attire; a paper rose is stuck in its mouth, a collar of little onions is added, as well as a saddle of greenstuffs; in short, anything which may be imagined in connection with a suckling pig.

Turkey with nut stuffing is generally served, as is ham. In this case, the entire ham is used. The best method of cooking it, if one wants it to remain tender and juicy for a long time, is the following: select a large, uncooked, smoked ham. Allow it to soak all night in cold water, and in the morning scald and drain it carefully. When it is thoroughly dry, cover it completely with a layer of bread dough and set it in a slow oven. Leave it in the oven as long as a loaf of bread of the same weight. Do not remove the crust before the ham is quite cool. Serve it decorated with a magnificent brightly colored frill.

Quarters or loins of reindeer and bear, a cold leg of veal, and a vinaigrette, or highly spiced Russian salad, are always an accompaniment to these meats, as are various other salads. Take

## Ritual Dishes

care always to have on hand hot broth or Bortschok, which may be served in cups.

Now find different harmless colors for dyeing hard-boiled eggs. Silvered and gilded eggs are the prettiest and most festive. Hand-painted eggs are, of course, evidence of special care. Usually, when hand-painted, a small oval is left untouched on which are painted the initials of the person for whom the egg is intended, and often a friendly dedication is added as well. The painted eggs are arranged in a basket occupying the place of honor, and are pyramided.

Tarts, Krendels, and Mazurkas are prescribed decorations for the Easter table, although they also appear on other occasions. Koulitch, Babki, and the Paska are only prepared for Easter, and recipes for them follow. Koulitch is a large, cylindrically shaped loaf of sweet bread to which is given the shape of a chef's hat. Therefore a very high oven is needed, or else it must be sent out to the baker. There are quantities of recipes for Koulitch, of which we are giving three.

### Baking powder Koulitch

Mix twelve eggs with two cups of sugar for a long time. Add two cups of melted butter (not hot). Add gradually eight cups of flour sifted with eight spoonfuls of baking powder. Moisten with two cups of milk. Mix well all these ingredients. Add half a cup of Corinth raisins without seeds, half a cup of chopped almonds (three or four bitter almonds) and five drops of lemon extract. Knead the whole mixture and set in a deep casserole, the interior of which is lined with buttered paper.

## ☞ Ritual Dishes

Allow the same amount of cooking time as for a loaf of bread of equal weight. As soon as it is out of the oven, decorate the top of the Koulitch with colored icing, beads, almonds, pistachios, etc., and paper roses.

### Classical Koulitch

Dissolve a quarter of a cup of yeast in two cups of milk; add four cups of flour, set to rise. Then add: one pinch of saffron moistened in a liqueur glass of rum, a cup of melted butter, a cup of sugar, a cup of chopped fruit confits, a cup of dry raisins soaked in white wine, half a cup of almonds (with some bitter almonds), the remainder of the flour, whether there is still one pound (four cups), knead and set again to rise. Form a Koulitch in a mold at least ten inches in diameter. In cooking, it should reach a height of at least twelve inches. Decorate according to taste when it comes out of the oven. Icing made with confectioner's sugar moistened with the juice of blood oranges is very decorative.

### Koulitch of cooked pastry

This very slightly-sugared Koulitch has the great advantage of being able to be eaten with everything. Actually, ordinary bread is not served at the Easter table.

Cook one and one-half cups of fine flour in one and one-half cups of milk. Stir to avoid lumps. Then add approximately half a cup of yeast and set to rise. At the same time, mix seven egg-yolks a long time with half a cup of sugar, to this add seven

## Ritual Dishes ❧

whites beaten stiff and add the whole to the dough, which is again set to rise. Then pour in half a cup of butter and the remains of the flour, say two pounds, less one and one-half cups. Set in a mold by the oven door to rise for the third time, and then put in the oven after having glazed with egg.

### Babka

This is a kind of muslin bun which should be narrower but much higher than the Koulitch. Babkis nineteen inches high are sometimes seen. It is not decorated, but served as it comes from the oven. Melt three-quarters of a cup of butter, allow it to cool and add to it eight egg-yolks, one by one. Add a pinch of salt, half a cup of sugar, one and one-half cups of thick cream, two spoonfuls of yeast and two cups of flour. Mix well all the ingredients. At the same time, beat the eight whites and add them gradually to the pastry. Pour into the mold, allow to rise and set in the oven (scarcely more than half an hour of cooking).

### The Paska

The Paska, or Easter, is served in the form of a white pyramid. It is the center of the table, the chief ritual dish. It is molded in a little wooden form the shape of a lightly-truncated pyramid, but this may be dispensed with, and when the Paska has been set to drain in a muslin cloth it may be modeled with a wooden spatula.

Take three pounds of perfectly fresh cottage cheese, put it in a muslin cloth and set it, under press, in a very cool place

## § Ritual Dishes

over night. Afterwards, press the cheese through a sieve and add to it half a cup of thick cream, half a cup of fine butter, a pinch of salt, half a cup of sugar, a spoonful of vanilla in powder form. Mix well all these ingredients and place again in a muslin cloth and under a press, in an ice-box or refrigerator. At the end of a few hours, place it—still in the muslin cloth—in the wooden mold.

On one of the faces of the pyramid, inscribe—most often in almonds—the two letters X. B.; on the other faces, decorate according to personal taste with almonds, sugar-plums, pistachios, etc. Frequently a cross of nougat is planted at the top of the pyramid and a little caramel railing is arranged around the edge of the round plate on which the pyramid stands. Sometimes a spoonful of crushed pistachios is added to the Paska, and this gives it a very delicate taste and a reseda color. Sometimes half a cup of strawberry syrup is also added, which gives it a beautiful pink color, but the classic Paska is the stately white pyramid. If only one is made, it is better to leave it white.

## Christmas Dishes

The Christmas dishes have nothing to distinguish them from those of a feast day; but on Christmas eve, it is the custom to eat Koutia and Ouzvar, to bring to a close the period of fasting before this great festival.

## Koutia

Prepare a milk of almonds, crushing half a pound of sweet almonds placed in a muslin bag, which is steeped in a quart of

## Ritual Dishes ❧

water. Allow the water to flow over the bag until it is perfectly milky. In this almond milk, cook one cup of good Carolina rice over a very slow fire, stirring constantly. Serve cold, accompanied with Ouzvar.

## Ouzvar

This is a compote of dry fruits which have been soaked at least twenty-four hours, each kind separately, and which is cooked in a little water, with very little sugar. The dry fruits commonly used are: figs, apples, pears, peaches, apricots, prunes and Malaga raisins (without seeds).

# Characteristic Menus



The menus for large formal dinners which follow, and even those on the accompanying list of everyday repasts, all more or less typical, show quite a different spirit and scale than is usual in Western Europe and America. It is well understood that the reader must receive these descriptions with a critical mind, and cannot consider adopting them without important changes—at least as far as the order in which the courses are served. He will, however, be able to draw out ideas from this material, and it is ideas that give all the personality to any well-ordered menu. Several suggestions for accompanying wines have been given for curiosity's sake, but no serious attempt is made to handle this question as we feel that it is out of the province of this book.

All dinners begin with the table of Zakouskis. At large, elaborate affairs, it is not at all rare to count several dozens of varied Zakouskis. For informal dinners where there are per-

## Menus

haps five or six of these hors d'oeuvres, there is no need to set a separate table; they may be served on a tray. It will be noted that at large dinners two soups with their prescribed accompaniments are indicated. In winter these are hot; in summer one of the two is chilled.

### Formal Menus

#### I.

	WINES
Table of Zakouskis	Assorted Vodkas
Cream of mushroom soup; cheese sticks	
Bagration soup; stuffed eggs	Jerez
Roast veal with caviar sauce	Médoc
Pojarsky cutlets	
Asparagus-tip soufflé	Malaga
Turkey with nut stuffing	Champagne
Tea bombe	
Fruit	

#### II.

Table of Zakouskis	Vodkas
Bortschok in cups; Vatrouchkis	White porto
Okrotchka; slice of black bread	
Orloff veal	Château-Laffitte
Smothered flounder	Rhine wine
Asparagus with cream sauce	Malaga
Crayfish pudding	Cyprus wine

## Menu

Frozen punch

Stuffed corn-fed pullets

Whortleberry cream

Fruit

### WINES

Champagne

### III.

Table of Zakouskis

Oucha; Pirojkis

Red broth; Pychkis

Boujenina

Poltava Brill

Vegetables of the season, cream sauce

Heathcock with beetroot

Melon jelly

Fruit

Vodkas

Madeira

Chambertin

Moselle wine

Cyprus wine

Champagne

### IV.

Table of Zakouskis

Botvinia; cucumbers

Crème de faisan; Rissolchkis

Zrazy

Creamed Jerusalem artichokes

Lobster soufflé

Goose with prunes

Black currant blossom ice

Fruit

Vodkas

Jerez

Château Neuf du Pape

Château Yquem

Malaga

Champagne

## Menus

### Everyday Menu

Zakouskis

Eel broth; small cheese crusts

Dragmiroff Kacha

Flounder with saffron sauce

Strawberry Kissel

Zakouskis

Lobster soup; quenelles

Nettles with hard-boiled eggs (like spinach  
with cream)

Turkey roulette

Salad

Chilled fruit

Mutton-head soup; farina croquettes

Stuffed duckling

Nalisnikis with cottage cheese

Nettle soufflé (like sorrel soufflé)

Goureff Kacha

Cream of pullet soup; quenelles

Whiting Bitkis with mustard sauce

Fillet of pork stuffed with Kacha

Creamed mushrooms

Pancake pudding

## Menus

Sour Stchi; Karavai  
Small red mullets à la crème  
Bitkis of garnished beef  
Black bread Charlotte

Ordinary Stchi; fricadelles  
Boiled suckling pig  
Headless pullets  
Queen cake

Little Russian Bortsch  
Stroganoff beef  
Stuffed eel  
Cranberry Kissel

Nettle Stchi; rolled pancakes  
Smothered flounder with horseradish sauce  
Caucasian Chachlik  
Coffee Kissel

Lazy Man's Stchi; vermicelli croquettes  
Mutton, Tartare style  
Vinaigrette  
Syrniki

## Menus

Russian Blini  
Consommé in cups  
Boiled young pullets stuffed with mushrooms  
Bream with horseradish sauce  
Sago cooked in wine

Cucumber soup; Pychkis  
Salnik  
Hare with beetroot  
Yatchneva Kacha with cottage cheese

Rastigai  
Empress consommé in cups  
Trout with crayfish  
Cherry ice

Pearl barley soup; mushroom Pirojkis  
Early veal cutlets  
Bear with mushroom sauce  
Eugénie Pie

Suckling pig broth; cabbage Koulebiak  
Boiled lamb  
Braised beef à la Hussarde  
Hot coffee Kissel with frozen cream

## Menus

Red broth; Arkangel Karavai  
Nettle Nalisnikis  
Young pullets with crayfish  
Arkas

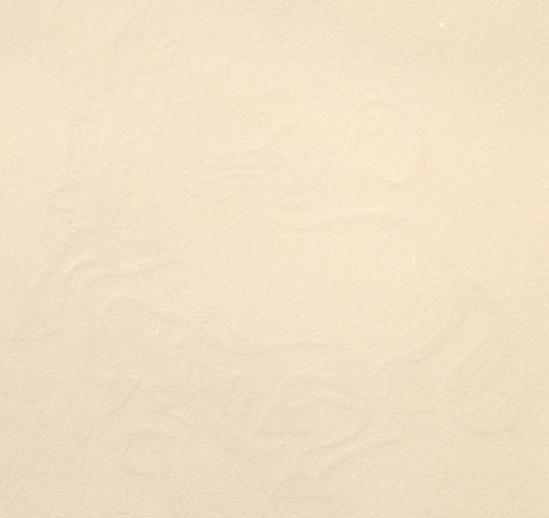
Okrochka; slices of black bread  
Pojarsky cutlets  
Spinach garnished with brains  
Jellied salmon  
Whortleberry cream



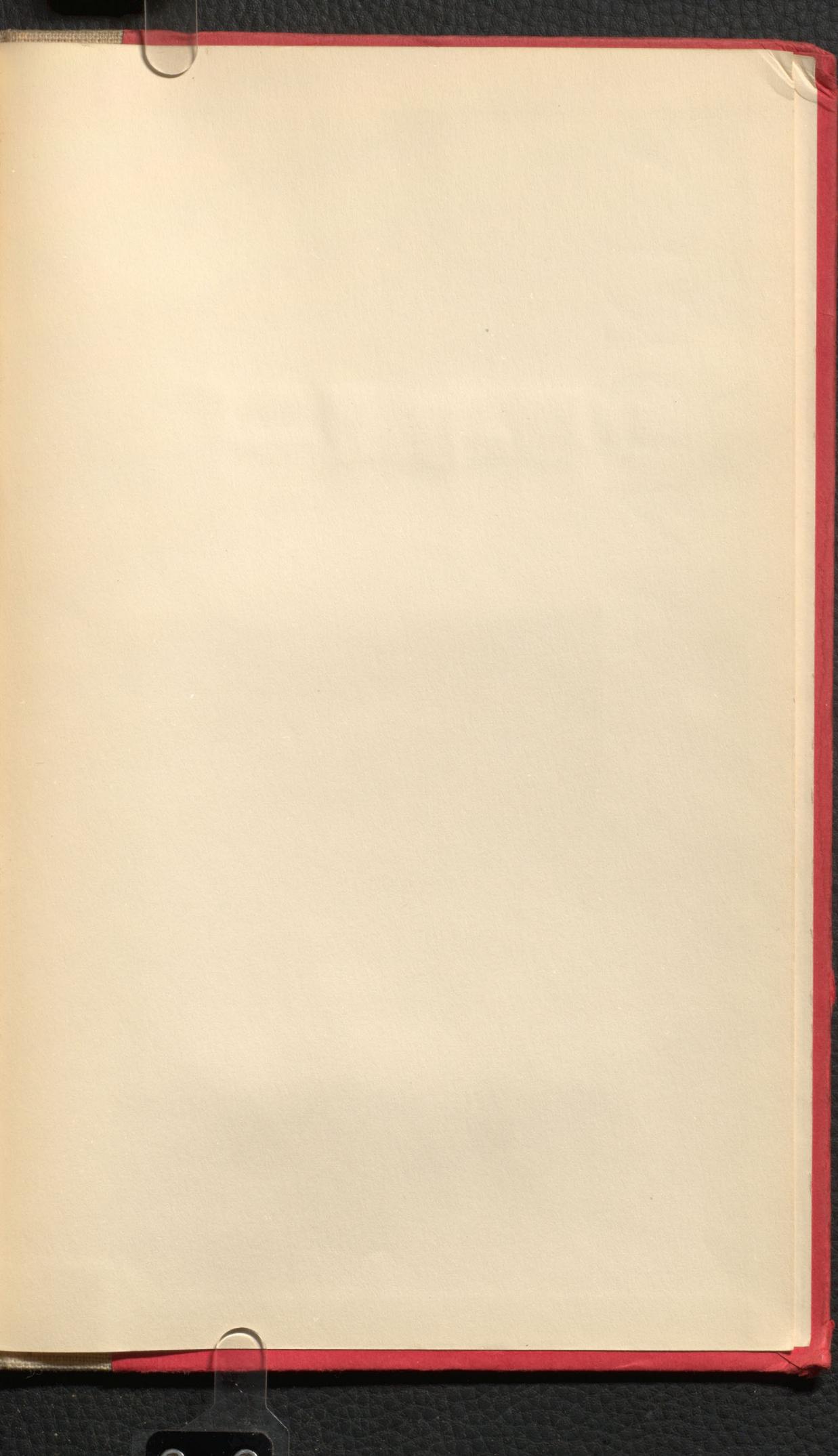
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DATE DUE

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