

Russia



Beef Cutlets with Cabbage

Ingredients:

1 kg (2.2 pounds) beef
200 g (7 ounces) green cabbage
50 g (2 ounces) onion
50 g (2 ounces) parsley greens
1 egg
1 table spoon of semolina
salt, pepper - to taste

Directions:

Shred the cabbage, pour boiling water over it.
Wait till it gets cold, then wring out.
Peel the onion and grind it with the meat.
Combine the ground meat and cabbage with finely shredded parsley, 1 egg, ground black pepper and salt, and mix well.
Form it into cutlets, roll in bread crumbs and fry in vegetable oil.

Vinegret

Ingredients:

2 ea average beets boiled
4 ea potatoes boiled
3 ea pickled cucumbers
2 ea carrots boiled
¼ pound (100 g) green peas (optional)
vegetable oil
mayonnaise (optional)
salt to taste

Directions:

Boil all vegetables.
Let them cool down and then peel.
Chop beets, potatoes, cucumbers, carrots, cucumbers.
Add green peas, if you want.
Season with vegetable oil or mayonnaise.
Add salt to your taste.
Served as an appetizer before main dish.

Fish Casserole

Ingredients:

1 large onion, cut into 1/8-inch slices
5 tablespoons unsalted butter
4 pounds fish fillets
Salt to taste
1/2 pound Marinated Mushrooms
3/4 pound fresh or canned Morello (sour) cherries, pitted
4 Brined Cucumbers, diced into 1/2-inch cubes
1 cup canned pickle marinade
3 tablespoons finely chopped parsley

Directions:

Saute onions over moderate heat in 2 tablespoons butter for 8-10 minutes, or until pale golden.
Cut the fish fillets into 2 1/2- to 3-inch pieces and sprinkle with salt.
Set the baking rack at the top level of the oven (be sure you have room for the pot) and preheat the oven to 450F.
Grease a Dutch oven with 1 1/2 tablespoons butter and place the fish pieces on it. Sprinkle each layer with the mushrooms, cherries, pickles, and sauteed onions.
Melt the remaining butter and dribble it over the fish.
Bake the fish, uncovered for 5 minutes.
Pour the pickle marinade evenly all over the fish, cover, and place over moderately low heat on top of the stove.
Simmer for about 15 minutes.

Borsch

Ingredients:

Beef (with or without bones) - 400 g (1 pound)
red beets -700 g (1 ½ pounds) (3 average ones)
cabbage -200 g (½ pound)
potatoes - 200 g (½ pound) (4 little ones)
carrots - 100 g (¼ pound) (1 little one)
onions - 100 g (¼ pound) (1 average one),
tomatoe paste - 50 g (2 ounces) or 2 tomatoes
vinegar - 1 teaspoon
salt and pepper on your taste
parsley
dill
spring onions

Directions:

Preparing meat broth:

Put beef into a large saucepan and cover with 3 l (3 quarts) coldwater.
Bring to a boil; reduce heat.
Remove the grease and froth from the broth surface with a spoon.
Add one onion.
Cook at low heat for 1-2 hours.

Simmering red beets:

Melt 1 tablespoon margarine in a saucepan.
Cut red beets into thin sticks and add them into the cooking pot.
Add tomato paste or sliced tomatoes.
Simmer at low heat for 1 hour.
If there is not enough liquid, add some broth.
Add vinegar.

Pan-frying vegetables:

Melt 1 tablespoon margarine in a frying pan.
Add chopped onions and carrots cut into thin sticks.
Cover and saute for 15 minutes, stirring occasionally.
Heat broth to boiling.
Add chopped cabbage and potatoes cut into bars.
Cook for 5 minutes.
Add saute and cook another 10 minutes.
Add simmered red beets.
Cook another 5 minutes.
Add salt, black pepper.
If you like garlic, you can add about 5 g (2 ounces) grated garlic,
it is supposed to be in borsch.
I don't like it and never add it here.
Borsch is served with sour cream.