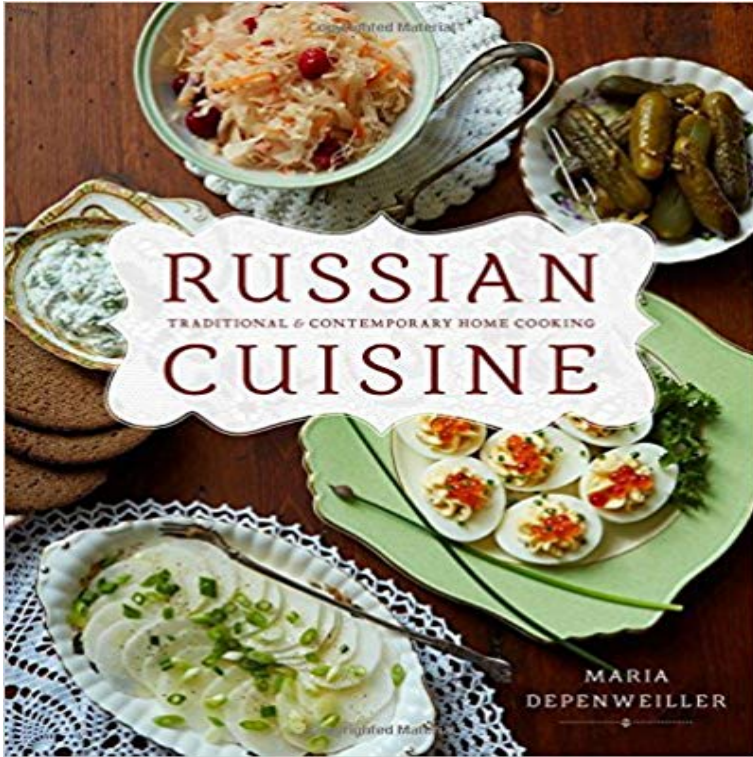


# Russian Cuisine: Traditional and Contemporary Home Cooking



Discover the fascinating details of Russian history, culture and eating habits and enjoy the tasty delights of the vast country that spans through 11 time zones and brings together more than 180 ethnic groups. Detailing the evolution and development of traditional Russian cooking, this book gives a better understanding of the foods that are now known as classical Russian dishes. Through the words of native Muscovite, Maria Depenweiller, who was born and raised in Moscow before immigrating to Canada, Savours and Flavours covers not only Russian cooking methods such as the Russian oven samovar, but also the impact of Russian politics on its food. Discover how the Soviet Revolution impacted Russian eating habits. Or how the Russian tea drinking tradition got started. Learn about the home cooking of the Russian Empire and try schi and rasstegai. Delight your guests with marvelous assortment of zakuski or ant hill torte from the classical Soviet cuisine. Complete the experience with suggested reading from the literature Russian classics and music accompaniment to match the mood. From table settings, to backyard gardens and pantry items, this book teaches you everything you need to know about Russian food.

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