

# Presentation

## **Traditional Russian** --- **cuisine**

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Traditional Russian cuisine



**Russian cuisine is one of the most popular and widely spread in the world.**





**Traditional foods of Russian cuisine have some common ingredients, such as potatoes, wheat and rye bread, dairy products like butter, cottage cheese, cheese and sour cream; meat (most commonly pork and beef) and grain crops.**





**The most popular traditional  
Russian dishes are:**



# borsch;





# rassolnik (meat soup with pickled cucumbers)





**okroshka (cold kvass soup  
with chopped vegetables  
and meat);**





# Pancakes;





**meat, fish and vegetable pies,  
variety of porridges, pelmeny  
and others.**





**Bread has always been the  
central in the Russian  
cuisine.**





**As for caviar, it has always been expensive and served for holidays, thus can not be fully a characteristic meal of Russian cuisine, despite its being referred to as a Russian symbol. Not all these food and drinks are true Russian. Vodka had been imported into Russia in the 14th- 15th centuries from Italy and was banned for long time.**





**Another tradition that is considered to be originally Russian is after- dinner tea ceremony. However tea in Russia was introduced in It became so popular that today is considered the de facto national beverage and one of the most popular beverages in the country before that Russian traditional drinks were kvas, sbiten, medovukha and braga.**





**Russian dishes are easy to cook and they do not demand much skill and special ingredients, they do not need exotic equipment and tool and everybody who knows how to hold a cooking knife and how to peel potatoes can cook delicious Russian dishes.**





# The End

