

# The Pomor Cuisine



Will you read:

cuisine

a turnip

stove

festive (holiday)

stew

hospitality

a ritual

cloudberry

a copper pot

cowberry

steam

cranberry

pickle

bilberry

*Give it a name.*



















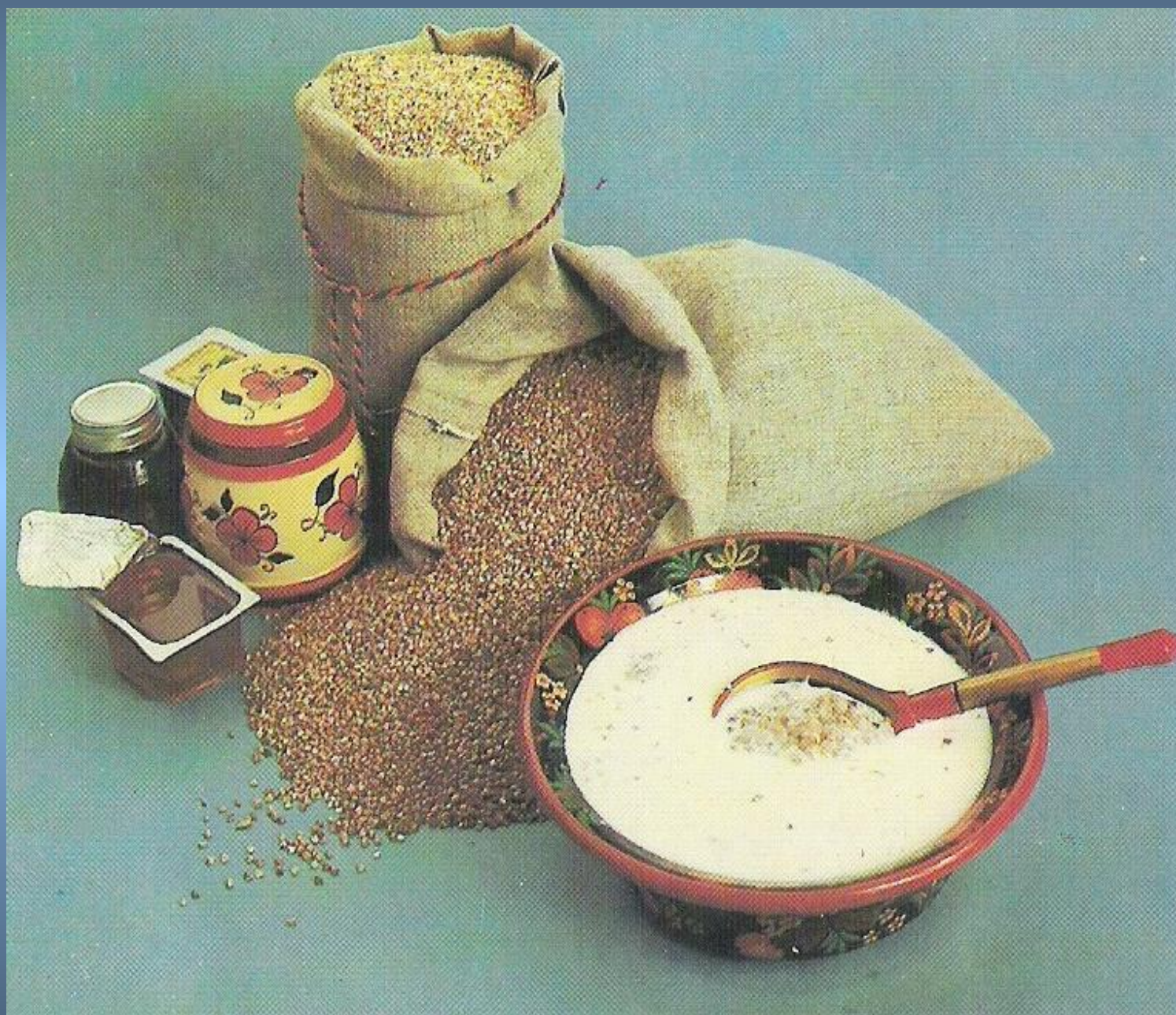








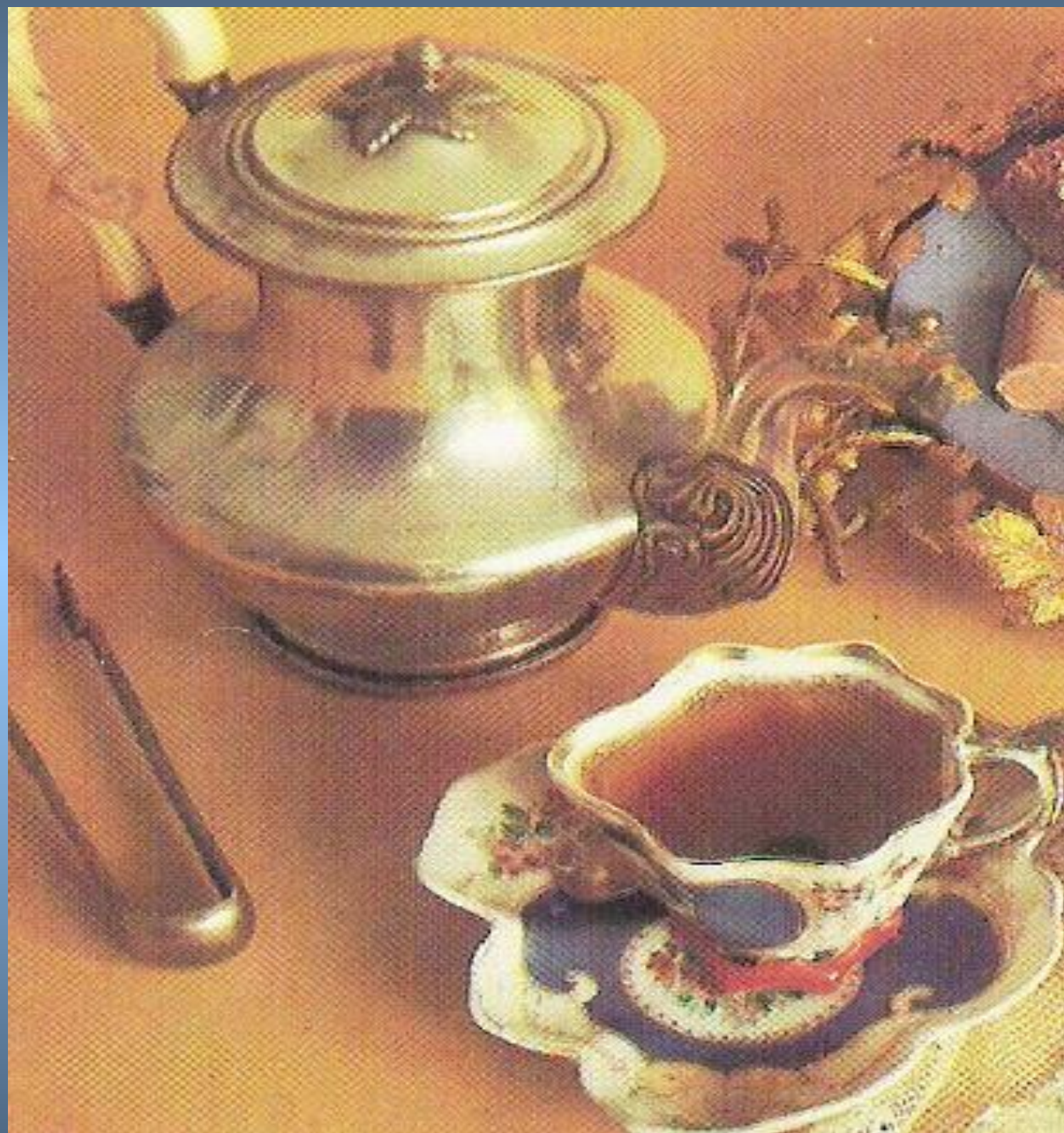










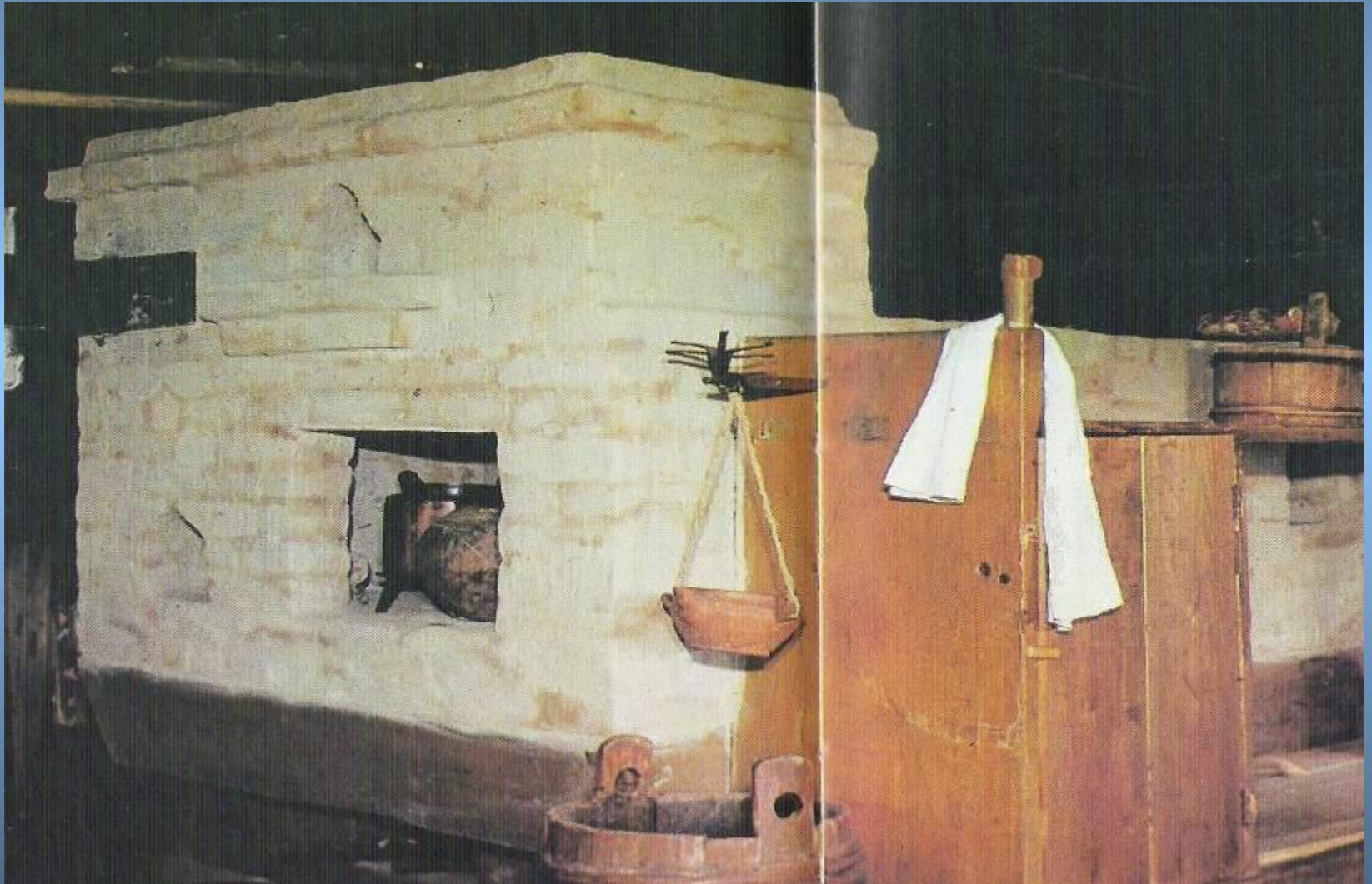




# The Pomor Cuisine

In olden times meals in Pomorye were special, that's why we speak of a Northern Russian cuisine.

Russian stove was the centre of Pomor house.

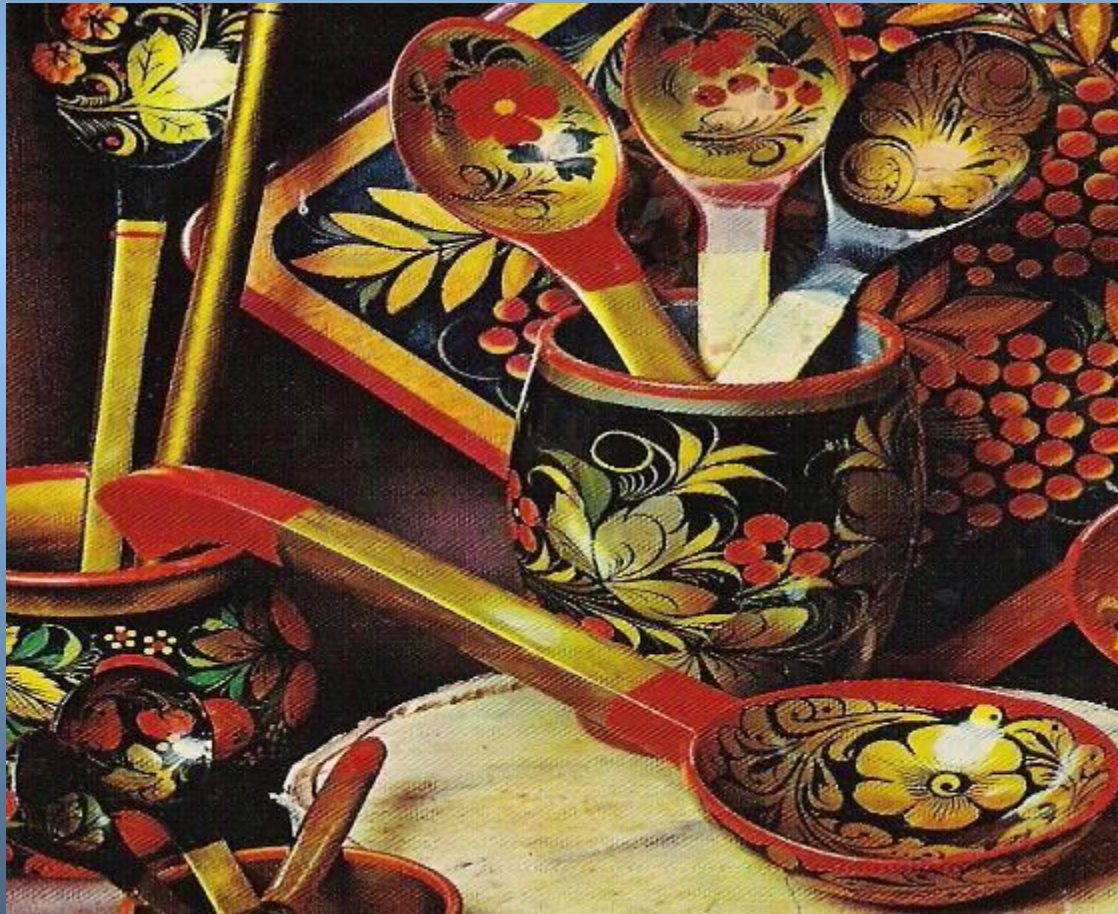




Pomors had 4 meals a day: breakfast, dinner, midday meal and supper.

Every meal was a sort of a ritual.

Each member of the family sat on his place around a table with wooden bowls and spoons and a copper pot with soup.





The mother cut a round loaf of bread. She did it standing, so she showed respect for the bread.



Pomor cuisine was not rich, it was simple. Little meat, the normal diet was bread, fish, vegetables and kvass. Then came mushrooms and berries.



Fish was the Pomor's chief food. Ukha – a fish soup – was the most popular soup in Pomorye.

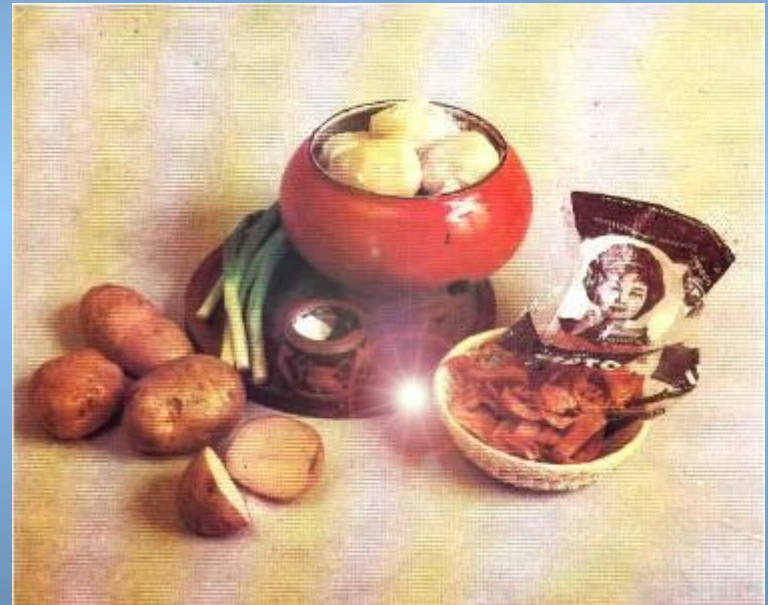


Vegetables,  
especially turnip,  
were popular too.  
Pomors cooked  
turnip soup,  
stewed, dried the  
turnip and ate it as  
a sweet. Other  
vegetables were  
cabbage, carrots,  
onions and garlic.





Potatoes  
appeared in the  
Russian North  
in the 19<sup>th</sup>  
century.



# Porridge was favourite too.

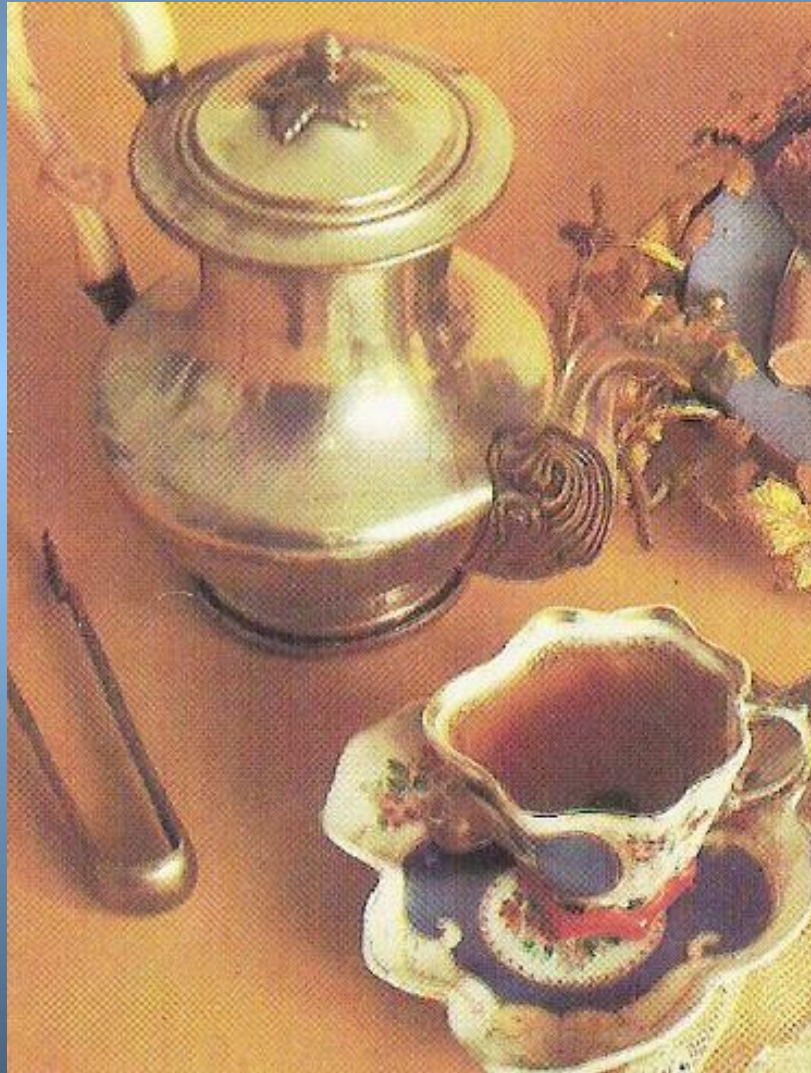




Most people  
ate brown  
bread, only rich  
families ate  
white bread.  
Different pies  
were festive  
meal.

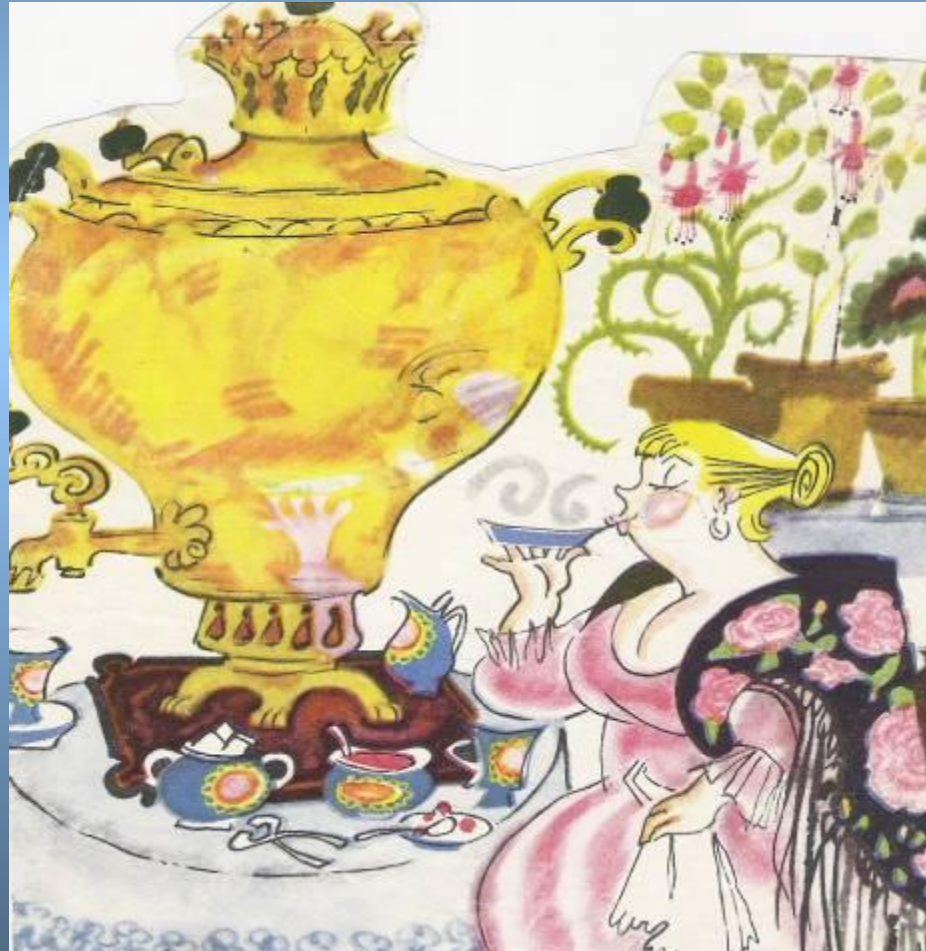


Tea came to Pomorye in the  
19<sup>th</sup> century.





At the beginning of the 20<sup>th</sup> century  
samovar became the symbol of  
Russian hospitality.

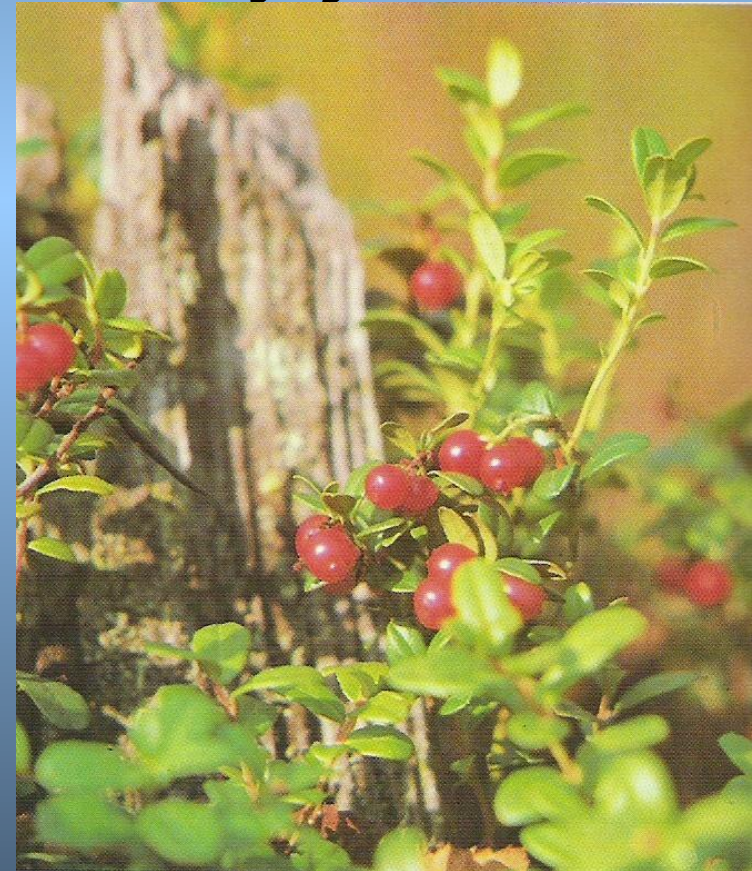


Mushrooming was popular with women and children in summer.





Pomors picked up northern berries  
(cloudberries, cowberries,  
cranberries, bilberries) and made  
berry juice (mors) or berry jam.



Say in other words:

fish soup

porridge

fish pies

berry juice