

Foods from Russia

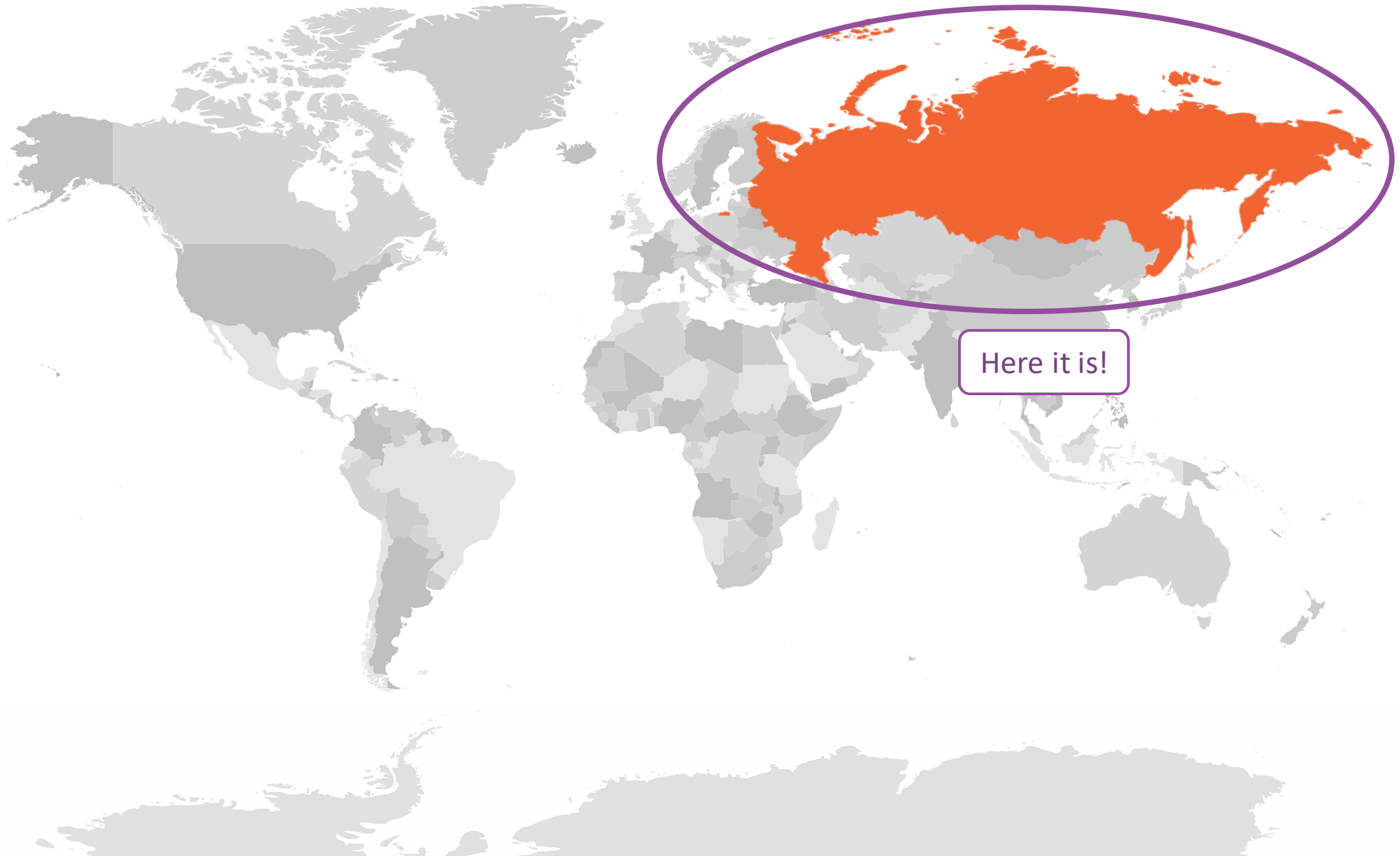


Seed
Learning

Let's learn about Russia



Where is Russia?



Here it is!

Flag of Russia



Have you tried Russian food before?



Moscow Bites

APPETIZERS



Borscht

(Served with black bread and cucumber salad)

Pork	\$8
Beef	\$8
Vegetarian	\$7



Pirozhki

Cabbage	\$7
Egg	\$7
Beef & potato	\$8
Lamb and onion	\$9



Blini

(Served with caviar and sour cream)

\$15

DRINKS

Kvass <i>(Rye bread drink)</i>	\$4
Sbiten <i>(Honey spiced tea)</i>	\$3

MAIN DISHES



Beef stroganoff

\$17



Pelmeni

\$15



Kurnik

\$16

DESSERTS



Medovik *(Honey cake)*

\$8



Syrniki *(Cheese pancake)*

\$10

Here are some Russian foods:



Borscht



Pirozhki



Blini

Facts about Russia

How big is Russia?

It is 1.8 times the size of the US. It's the largest country in the world.



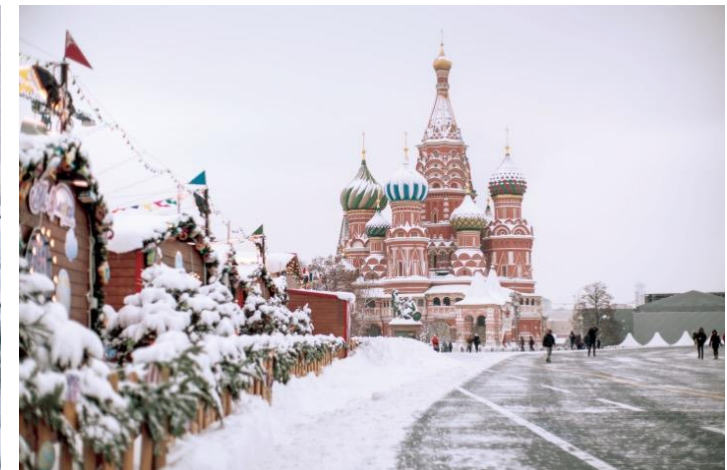
Why do Russians like heavy and filling foods?

They like heavy, filling foods such as borscht, blini, and pirozhki because of the long, cold winters.



What is the weather like in Russia?

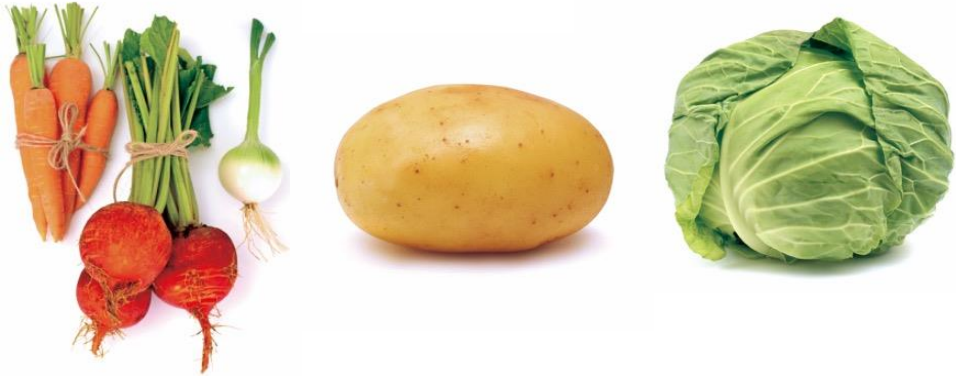
In the winter it is very cold. In some cities the winter temperature is -50°C !



Borscht

Why is borscht made with root vegetables?

In cold places, root vegetables like carrots, onions, and beets grow well. Potatoes and cabbage grow well, too.



Why is borscht red?

The main ingredient in borscht is beets which give borscht a dark red color.



What are the ingredients of borscht?

As well as beets, ingredients in borscht include potatoes, onions, cabbage, and meat.



Where did borscht get its name?

In the 1400s, people made borscht with a wild plant called hogweed. Borscht means "hogweed."

Borscht

Who likes to eat borscht?

Long ago only poor people ate it. Then rich people started to eat it. Now you can find it in every restaurant in Russia. Russian astronauts even took it into space!



What is important when you are cooking borscht?

You must cook the beets separately and add them at the end of cooking. If you cook them for a long time, they will lose their dark red color.



How is borscht served?

It is served with sour cream and black bread. It tastes good hot or cold.

Pirozhki

What are pirozhki?

Pirozhki are small pies. In fact, pirozhki means “little pie!”



What are some common fillings in pirozhki?

Common fillings are apple, cherry, apricot, lemon, or quark.



What are pirozhki made with?

Pirozhki are made with a yeast-raised dough and various fillings. The dough is soft like a bread. They are baked or fried.



Pirozhki

What is quark?

It is a kind of soft cream cheese. People mix it with sugar or honey to make it sweet.



What are some savory fillings for pirozhki?

The most common filling is cabbage. People also like to use meat and potato, or even egg.



How long should you cook pirozhki for?

Bake for 20 minutes or fry for 6 minutes.



Blini



What are blini made of?

The first blini were made from oats, warmed on a fire. Now they are made from oats, wheat, and other grains and cooked in butter.

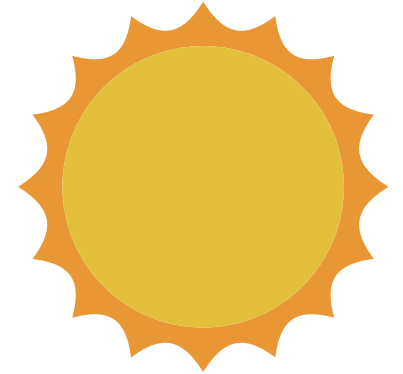


When did Russians start to eat blini?

They started to eat blini over 1,000 years ago.

Why do Russians make blini at the end of winter?

Russians make blini at the end of winter to celebrate the coming of spring. Blini are a symbol of the sun because they are round and golden like the sun.



What is Maslenitsa?

Maslenitsa is one week at the end of winter when people sing, dance, and eat lots of blini for one week. People also make a Lady Maslenitsa doll and burn it to say goodbye to winter.



Blini

What do Russians put on blini?

People like to put smoked salmon, sour cream, and caviar on blini. They also like to put fruit like apples or berries on blini.



What is in kurnik?

It is a giant pirozhki filled with chicken, blini, potatoes, vegetables, and eggs in layers.



What does kurnik look like at a wedding? How is it different for the woman and the man?

At a wedding, there is one kurnik for the man and one for the woman. The woman's kurnik is decorated with pastry flowers, meaning beauty and kindness. The man's kurnik is decorated with shapes of people, meaning a strong young family.

New Words



❖ astronaut *n.*

Astronauts can see amazing things.

★ a person who is trained to travel to space



❖ bitter *adj.*

She thinks coffee is **bitter**.

★ having a strong sharp taste that is not sweet

New Words



❖ **celebrate** v.

They are **celebrating** a birthday.

★ to do something fun for a special day or event



❖ **combine** v.

If you **combine** blue and yellow paint, you get green.

★ to mix together; to join two or more things together

New Words



❖ **flatten** *v.*

It's easy to **flatten** a can.
★ to make short and thin



❖ **grain** *n.*

I like to cook with many different **grains**.
★ the seeds from plants like rice, oats,
and wheat which we use to make food

New Words



❖ **oval** *adj.*

Let's use this **oval** plate for lunch.

★ **shaped like a long circle; shaped like an egg**



❖ **savory** *adj.*

I like **savory** snacks like chips and crackers, not candies and cookies.

★ **salty, not sweet**

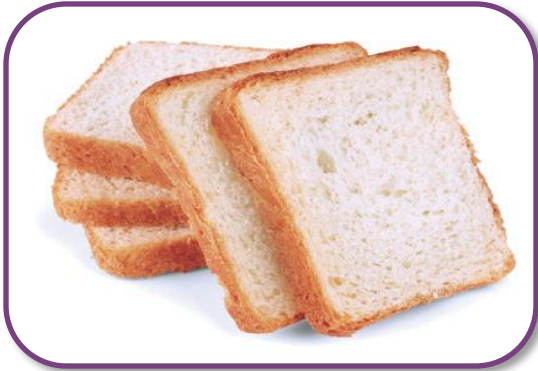
New Words



❖ symbol *n.*

A heart is a **symbol** of love.

★ a picture, shape, or object used to mean something else



❖ yeast *n.*

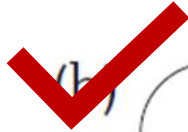
You need **yeast** to make soft bread full of air.

★ an ingredient used to make bread rise

Reading Quiz

1. Borscht is made with _____.

(a)



(b)



(c)



Reading Quiz

2. _____ are a symbol of the sun.

(a)



(b)



3. A kurnik is a big pirozhki with layers of _____.

(a)



(b)



4. Only people in Russia eat borscht.

True

False

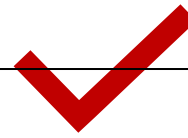


Reading Quiz

5. You can't buy pirozhki in stores.

True

False



Reading Quiz

6. You can bake or fry pirozhki.


True

False