

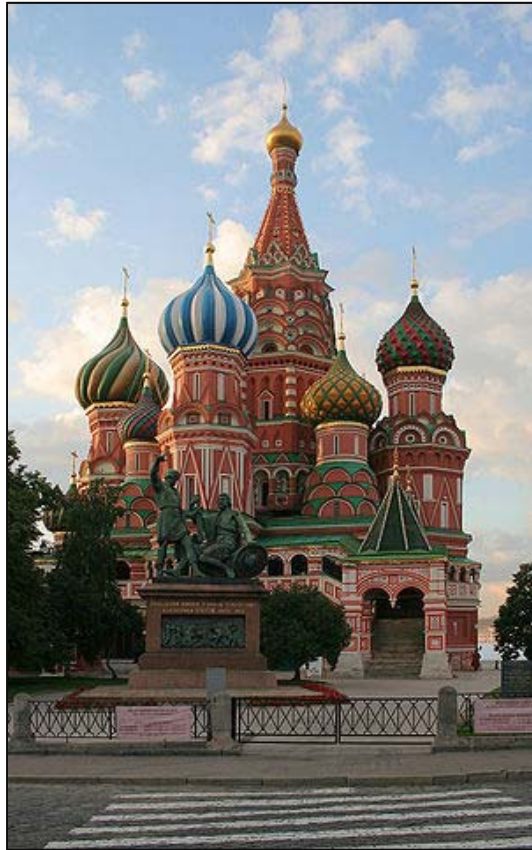
ST. OLIVER'S SPICE PEOPLE



MANGIA E STATI ZITTO

COOKING CLASSES FOR THE MASSES

LESSON 12 – 02: The Russians are Coming!



February 18, 2012

SPICE PEOPLE PRAYERS

Spice People is a ministry of St. Oliver Plunkett Catholic Church. It is designed to celebrate and enjoy the cultural diversity of the members of our parish by learning to cook and to enjoy the foods and customs from around the world. Each lesson begins with a prayer, and our traditional Catholic blessing is prayed before serving the foods. We hope that you will enjoy having these copies and praying with us.

Prayer before the Spice People Sessions

We give You thanks from grateful hearts for this meal, for our fellowship, for Your love, for Your provision of food and those who prepared this meal. Help us to remember that You are with us around the table and may our hearts and words be a blessing to You in return.

Amen

The Catholic Blessing of the Food

Bless us O Lord, and these Thy gifts, which we are about to receive from Thy bounty through Christ our Lord.

Amen.



SPICE PEOPLE

Sandy Walsh, BMCIC

Crew:

Barbara Aho

Adelaide Anderson

Teresa Barczak

Debbie Cliche

Nita Ellington

Louise Goodwin

Cathy Hedges

Candida Jimenez

Jean Ruder

Elena Porras Trejo

Geri Spudich

Vicki Ziegler

Guest Chef:

Elena Higgins

MENU

Chef's Specialties

*Syrniki (cottage cheese pancakes)
Blini (meat filled crepes)
Salad Olivier (potato salad)
"Chocolate Kielbasa" (Russian cookies)

Side Dishes

Hamburger Stroganoff
Cheesy Hash Brown Casserole
Eggs with Horseradish Sauce
Quick Pickled Eggs and Beets
Chrov Plav (Rice Pilaf w/ Dried Fruits and Nuts)

Desserts

Russian Pie
Russian Bird's Milk Cake
Russian Orange Teacake Cookies
Mednovnik Russian-Honey Cake
Russian Tea Cakes
Berries Romanoff
*Napoleon Pie/Cake (Tort 'Napoleon')
*Cranberry Mousse

Beverages

Russian Tea
Russian Tea Mix

*not made, try on your own if desired

Syrniki

In Russia we call them “syrniki” which means cheesy pancakes, but the main ingredient – cottage cheese the Russians call “tvorog” which is not a cheese actually. We eat “tvorog” with sour cream or jam for breakfast; it is very healthy and tasty. You can find a million **cottage cheese pancakes recipes** with different ingredients, but my recipe is the simplest I have ever seen! Russians cook these pancakes as a quick breakfast. This recipe as simple as 1-2-3! Just try to make the pancakes by yourself and you'll not be disappointed!



Cottage Cheese Pancakes

The ingredients we need for the **cottage cheese pancakes recipe**:

400 gram cottage cheese

2-3 eggs

4 tablespoon sugar

Pinch of salt

3-4 tablespoon flour

You can find cottage cheese in ANY Russian markets in the milk section, it's very popular as kefir, sour cream etc. We buy the cottage cheese packed in 200-250 gram packs. It is soft, defatted and a bit salty.

To turn this cottage cheese into light and tasty pancakes we need to add 3 eggs, 4 tablespoon sugar (or by taste), a pinch of salt and mix all ingredients. To do this I always use my own tools – hands! It takes 1-2 minutes and the pastry is ready. 😊 I also recommend that you add a bit of flour if the pastry looks wet, but it always depends on cottage cheese. Mine was very soft so I did not add any flour into the pastry.

Dust the table with 3-4 tablespoon flour, take the pastry and shape it into pancakes as shown in the pictures below.



Making the pancakes is easy. Heat the frying pan on a medium heat, add 1-2 tablespoon oil and brown pancakes on each side, frying 2-3 minutes each side. Serve with a sour cream or jam.

Well, as you can see my **cottage cheese pancakes recipe** is simple and easy to make but the taste of the pancakes is gorgeous!



Russian Pancakes - Blini

"Thin layered blini with melted butter... a true Royal Russian breakfast! They are best eaten with sour cream, jams and honey."

"Blini are a widely popular Russian dish, especially eaten during the Maslenitsa festival in Russia. All kinds of fillings are possible -- sweet or savory."

Grandmothers "Blini Recipe"

Usually my grandmother would start these the day before due to the need for the yeast to activate the rise of the dough. But the version I am sharing with you today is very simple and a great time saver. **You will be enjoying your blini in no more than 25 minutes!**

What you'll need:

- 6 rounded Tbsp. all-purpose flour
- 2-1/2 Cups milk
- 3 large eggs
- 1/8 tsp. salt
- 1 Tbsp. canola oil
- 5 tsp. sugar
- 1/2 Cup to 3/4 Cup buttermilk (*using kefir instead of buttermilk offers added flavor. Choosing strawberry flavored kefir pumps up the flavor even more and is a little secret used by Grandmother*).

Makes approximately 22 blini.

This is where you want to start thinking crepes. The thinner a blini is, the better.

Pour all-purpose flour into a medium bowl. Add milk and eggs mixing well to combine ingredients. Add sugar, salt, oil, and buttermilk (kefir) and mix to combine these with the egg mixture. You want to continue mixing until the batter is smooth and has no lumps. **(By sifting dry ingredients together prior to mixing you can be sure no lumps will pop up.)** If the batter is even a little bit thick, add a little more milk. You are looking for a very thin pancake batter like consistency.

Preheat a 12" fry pan (a blini pan would be best if you have one) over medium heat. (Feel free to deviate from a skillet style pan to a non-stick style. You may find better initial results). Add several drops of oil to the pan and swirl it to cover the bottom of the pan completely. You don't want your blini to stick. Repeat this step between each blini. Using 2/3 Cup of batter, pour the batter while tilting the pan away from you. As the batter hits the hot pan start to rotate the pan in a circular motion keeping the batter thin and covering the entire bottom of the pan evenly. You want to be quick about this as the batter cooks quite quickly. My grandmother use to say that the first blin is for the dog.

So, if the first one is not as nice as you had hoped, welcome to the club. **Many of our canine friends have benefited from the curse of the first blin!** The next pour will go much better.

As soon as the batter is in the pan and maneuvered into shape, turn the heat down to medium or medium-low. **These little guys burn fast so be aware of the heat.** The pan is already hot so we won't require as high of a temperature from here out. Cook blini on the first side until you see the edges start to curl slightly and turn golden brown. Look for this to happen around the 1 minute mark.

At this point you need to flip the blin. Slide a spatula under the blin and simply flip it over in one fluid motion. Cook second side for approximately 30-40 seconds. Use your spatula to lift the blin to see if you have achieved a golden brown color underneath. If not, check it every 10 seconds until the color is right. **Use caution here so you don't burn or dry out your blin.** As they complete their cooking stack them one on top of the other on a service plate. Rubbing a tiny bit of butter on the surface keeps them moist until you finish the rest of the batter.

Serve with jam, syrup, cream cheese and powdered sugar. If you prefer a savory topping, sour cream, smoked salmon and caviar are fantastic as well. ***Traditionally red caviar would cover the perimeter of the blini stack.***

As you enjoy your blini, remember that a rich hearty culture brought them to the United States. They have a spiritual meaning as well as a magical history of welcoming spring at the end of cold harsh winters. They brought bloodlines together and fed family and friends before lent arrived. The great tribute of Shrove (carnival) is designed around this tasty pagan food. Peasants as well as royalty have dined on them in hope of a better tomorrow. **Enjoy my grandmother's recipe as I have for many years. *Bon Appetit!***

Today's filling: (If you plan to stuff blini with meat do not put in too much sugar or use any flavor like strawberry.)



A plate of blini with meat filling.

Meat filling for Blini

1 lb. of prepared ground beef

1 1/2 cup rice cooked

2 eggs boiled and chopped

Salt, black pepper

Put 2 Tbsp. of this mix on top of blin and fold (wrap) it.

Salad "Olivier" recipe

Salad Olivier is known all over the world, it is also called Russian salad in some countries. "Olivie" is a simple must on the New Year table, as well as on 8th of March and any other special event with family gatherings. The main difference in versions comes from meat kinds - poultry, veal, beef or sausages.

**Ingredients:**

5 ea. potatoes

3 ea. carrots

4 ea. eggs

1 pound boiled meat (ham)

1/2 pound green peas

2-3 ea. dill pickles (you can use fresh cucumbers)

salt to your taste

1/2 pound mayonnaise (sour cream -- better 50/50)

Method:

Boil potatoes and carrots in skin (it helps to keep vitamins), then cool them down and peel them. Boil eggs and boil meat. Chop potatoes, carrots, eggs, meat dill pickles into 1/2 inches squares. Add green peas and salt. Trust your own taste, everything must be in proportion. Stir mayonnaise only for the part of salad you are going to eat. It will be kept better without it. Mix the salad and refrigerate for a while. If you want your salad a little tender, mix a part of mayonnaise with an equal part of sour cream. Bon appetit!

History

The original version of the salad was invented in the 1860s by Lucien Olivier the chef of the *Hermitage*, one of Moscow's most celebrated restaurants. Olivier's salad quickly became immensely popular with *Hermitage* regulars, and became the restaurant's signature dish.

The exact recipe — particularly that of the dressing — was a jealously guarded secret, but it is known that the salad contained grouse, veal, tongue, caviar, lettuce, crayfish tails, capers, and smoked duck, although it is possible that the recipe was varied seasonally.

The original Olivier dressing was a type of mayonnaise, made with French wine vinegar, mustard, and Provençal olive oil; its exact recipe, however, remains unknown.

At the turn of the 20th century, one of Olivier's sous-chefs, Ivan Ivanov, attempted to steal the recipe. While preparing the dressing one evening in solitude, as was his custom, Olivier was suddenly called away on some emergency. Taking advantage of the opportunity, Ivanov sneaked into Olivier's private kitchen and observed his *mise en place*, which allowed him to make reasonable assumptions about the recipe of Olivier's famed dressing. Ivanov left Olivier's employ and went to work as a chef for *Moskva*, a somewhat inferior restaurant, where he began to serve a suspiciously similar salad under the name "Capital Salad," (Russian: Столичный, "Stolichny"). It was reported by the gourmards of the time, however, that the dressing on the Stolichny salad was of a lower quality than Olivier's, meaning that it was "missing something."

Later, Ivanov sold the recipe for the salad to various publishing houses, which further contributed to its popularization. Due to the closure of the *Hermitage* restaurant in 1905, and the Olivier family's subsequent departure from Russia, the salad could now be referred to as "Olivier."

One of the first printed recipes for Olivier salad, by *Aleksandrova*, appearing in 1894, called for half a hazel grouse, two potatoes, one small cucumber (or a large cornichon), 3-4 lettuce leaves, 3 large crawfish tails, 1/4 cup cubed aspic, 1 teaspoon of capers, 3–5 olives, and 1½ tablespoon Provençal dressing (mayonnaise).

As often happens with gourmet recipes which become popular, the ingredients that were rare, expensive, seasonal, or difficult to prepare were gradually replaced with cheaper and more readily available foods.

Russian Cookies “chocolate kielbasa”

Place in first pot:

½ lb. butter
 1-2 drops of vanilla
 1 Cup sugar
 1 Tbsp. cocoa

Heat butter and sugar until melted.
 Let cool, add 1 egg (fresh) and mix well.

Place in second pot:

0.9 lb. (400 grams) cookies, broken into small pieces --
 I will show you the kind I usually buy.
 2-3 Tbsp. walnuts (chopped)

Mix first and second pots.

Put some portion of the mixture on the plastic roll wrap and wrap to shape like pepperoni. Put in refrigerator for 12 hours. Take plastic wrap off. Cut ½-inch slices. Cookies are ready.

Elena Higgins or Joan Wernecke will demonstrate.

All of the above recipes were furnished by our chef, Elena Higgins.

Eggs with horseradish sauce recipe

Ingredients:

6 ea. eggs hardboiled
 1 tsp. horseradish, grinded
 1/2 c. mayonnaise
 1/2 c. sour cream
 salt, pepper

Method:

Cut eggs in halves and place with cut part on a platter. Blend the rest of ingredients together and pour over the eggs. Leave for about 30 minutes before serving.

Cuisine: Russian

Source: Olga's collection

— *submitted by Teresa Barczak*



Hamburger Stroganoff

- 1 1/2 lb. ground beef
- 1/2 c. chopped onion
- 1 can cream of chicken soup
- 2 tsp. salt (optional)
- 1/4 tsp. pepper
- 1/4 tsp. paprika
- 1 tbsp. flour
- 1 c. chopped water chestnuts
- 1 c. sliced mushrooms
- 1 pt. sour cream
- 1 pkg. (8 oz.) med. noodles

Brown: beef and onions. Add: salt, pepper, paprika and soup. Sprinkle: with flour. Add: water chestnuts, mushrooms. Simmer: for 20 minutes. Stir: in large carton of sour cream, set aside. Cook: egg noodles, drain, add to meat.

Mix everything together and pour into sprayed 9 x 13 baking dish.

Bake 45 minutes at 350 degrees or until heated through.

— Jean Ruder

Cheesy Hash Brown Potato Casserole

- 2 lbs. hash browns, defrosted
- 1/2 cup melted butter
- 1 tsp. salt
- 1/4 tsp. pepper
- 1/2 cup chopped onion
- 1 can cream of chicken soup
- 1 cup sour cream
- 2 cups sharp cheese (Colby or cheddar)

Mix above ingredients and put in a 9"x13" pan.

Top with crushed potato chips. Bake at 350 degrees for 45 minutes.

— Jean Ruder

Quick Pickled Eggs and Beets

Ingredients:

8 eggs
 1 (15 oz.) can sliced beets with juice
 1/2 cup white vinegar
 1/2 cup white sugar
 1/2 cup water
 1/2 tsp. cinnamon (optional)

Directions:

1. Cook hard boiled eggs. Remove from hot water, cool and peel. Place eggs in a glass or plastic container.
2. In a saucepan, combine beets, vinegar, sugar, water and cinnamon. Bring to a boil, and stir until sugar is dissolved. Cover and chill for 4 hours or overnight.

— *Louise Goodwin*

Bolshevik Beets

3 (16 oz.) cans sliced beets, drained
 2 Cups sour cream
 1 Tbsp. horseradish (or more to taste)

Mix and sprinkle dill on top. Chill and serve.

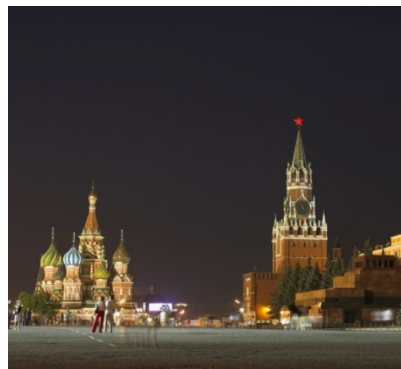
— *Barbara Aho*

Chrov Plav (Rice Pilaf w/ Dried Fruits and Nuts)

1 cup long grain white rice
 2 Tbsp. currants (I used dried cranberries)
 4 medium dried prunes cut into narrow strips
 4 Tbsp. butter
 ½ cup dried apricots, cut into narrow strips
 ¼ cup blanched almonds, finely chopped
 1 Tbsp. Honey

Soak currants and prunes in a bowl of warm water for 15 min., then drain and pat them dry with paper towels. Melt the butter in a skillet over high heat and add the apricots, currents, prunes and almonds. Reduce heat to low and cook uncovered for 5 min. Stir in the honey and rice. Cover with 2 cups water and bring to a boil. Reduce heat and simmer for 25 min., or until the liquid is absorbed and rice tender. Serve hot.

— *Geri Spudich*



Russian Bird's Milk Cake

- Time **30 minutes**
- Serves **10**

Ingredients:

- **For The Dough:**
- 2 sticks + 3 tbsp. margarine or butter, melted
- 2 cups sugar
- 6 eggs
- 1 tsp. baking soda
- 1/2 tsp. white vinegar
- 2 cups all-purpose flour
- 3 tsp. cocoa powder
- **For The Bird's Milk Custard Cream:**
- 2 sticks + 5 tbsp. butter, softened
- 1 1/2 cups sugar
- 2 cups milk
- 4 heaping tbsp. farina hot cereal, or cream of wheat (sold next to oatmeal)
- juice and zest of 2 lemons
- **For The Chocolate Glaze:**
- 2 tbsp. sour cream
- 2 tsp. cocoa powder
- 3 tbsp. sugar
- 1 tbsp. butter
- shredded coconut for decorating

How to make it:

- **For The Cake:**
- Melt margarine or butter. Transfer melted butter to a large bowl. Stir in sugar. Combine well.
- With a hand-held mixer, beat the eggs into the butter mixture one at a time. Do not overbeat.
- Add 1/2 tsp. vinegar to 1 tsp. baking soda. Let it fizz for a second. Add the baking soda to the egg mixture. Stir in flour gradually. Mix until smooth.

- Divide the dough into 2 equal parts. Stir in 3 tsp. cocoa powder into 1 part of the dough. Transfer dough to 2 greased round baking pans (pie pans).
- Bake in preheated 325F oven for about 30 minutes, or until the wooden toothpick inserted in the center comes out clean. Remove pans to a rack and let cool for about 10 minutes. Run a knife around the cakes and invert onto a cutting board. Let the cakes cool completely. When cooled, cut each cake in half lengthwise down the middle (refer to pictures). You will have 4 layers of cake now, 2 white and 2 chocolate. Meanwhile, make the custard.
- **For The Bird's Milk Custard Cream:**
- Heat up 2 cups of milk in a medium saucepan until almost boiling. Reduce the heat a little and whisk in gradually 4 heaping tbsp. of Farina. Keep whisking and stirring until smooth, bring to a light boil. Cook and stir for about 1 minute. Stir in the sugar. Cook for another minute, or until sugar is melted. Remove from heat, cover with a lid and let sit until thickened and completely cooled off.
- Add the zest and juice of 2 lemons to the cooled Farina. Beat the butter in a large bowl until creamed. Stir in the lemon-farina mixture. Beat until smooth. Place the Bird's Milk Cream in the fridge for about 20 minutes.
- To assemble the cake, place a white layer on a large plate or cake holder cut side up. Spread with Bird's Milk Cream. Top with a chocolate layer, spread with cream again. Finish layering the rest of the cake and cream this way, finishing with the cream on top.
- **For The Chocolate Glaze:**
- Whisk together 2 tbsp. sour cream, cocoa powder and sugar. Heat this mixture in a small saucepan over medium heat. Cook and stir for a few minutes until sugar is melted and the mixture is lightly thickened. Stir in 1 tbsp. butter and cook another minute. Cool the glaze slightly. Spread chocolate glaze on top of cake. Reserve a little for the sides. Spread the sides with a little glaze. Pat some shredded coconut on the sides of the cake, and sprinkle some on top. Let the cake sit in a fridge for about 1 hour before serving.

— *Teresa Barczak*



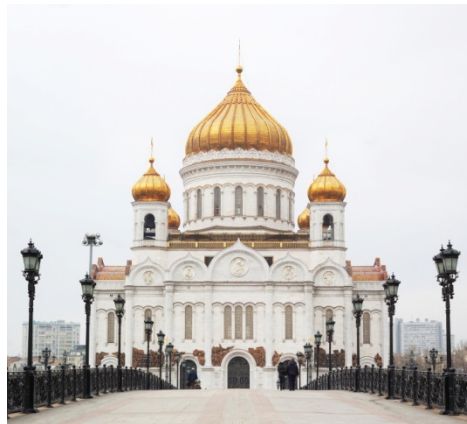
Russian Pie

2 cups chocolate wafer crumbs
5 Tbsp. butter, melted
7 Tbsp. coffee liquor, divided
1 envelope gelatin (unflavored)
6 Tbsp. sugar
3 eggs, separated
½ cup water
¼ cup vodka
1 cup whipping cream, whipped
grated chocolate for garnish (optional)

Preheat oven to 350 degrees. Combine crumbs, butter and 4 Tbsp. coffee liquor in a bowl. Press firmly into bottom and sides of 9" pie plate. Bake 3-5 minutes. Cool completely.

Combine gelatin and 4 Tbsp. sugar in a medium saucepan. Stir in egg yolks and water, let stand briefly. Stir over low heat until gelatin is dissolved, about 5 min. Stir in vodka and remaining 3 Tbsp. of coffee liquor. Turn into a large bowl and refrigerate, stirring occasionally until mixture mounds slightly when dropped from spoon. Beat egg whites until soft peaks form; gradually add remaining 2 Tbsp. sugar and beat until stiff and glossy. Fold into gelatin mixture, and then fold in whipped cream. Turn into prepared crust and refrigerate until firm. Garnish with grated chocolate, if desired.

— *Geri Spudich*



Russian Orange Teacake Cookies recipe

Ingredients:

1 Cup Butter
 2 tsp. Orange Extract
 1 Cup Sugar
 2 Eggs
 1 Tbsp. Grated Orange Peel
 3 Cups Flour
 1 T. Orange Juice
 1 tsp. Baking Powder

Method:

Cream butter and sugar. Add orange peel, juice and extract. Then add eggs, beating well. Sift together flour and baking powder, add to creamed mixture. Refrigerate dough until well chilled. Separate dough into thirds. Roll out 1/3 at a time on floured pastry cloth. Roll thin, cut with cookie cutters and place on greased cookie sheets. Sprinkle with sugar. Bake at 350 degrees for about 8 minutes. Enjoy!

Cuisine: Russian

Source: Amy

Recipe category: [Breads-and-Pastry > Cookies](#)

— submitted by Teresa Barczak



RUSSIAN TEA

Printed from [COOKS.COM](#)

1/2 c. dry Tang drink mix

1/3 c. instant tea

1/4 c. sugar

1/2 tsp. cloves

3 tbsp. powdered lemonade mix

1 tsp. cinnamon

Use 1 tablespoon of mix per one cup hot water, or use whole recipe with 4 quarts of hot water.

— Submitted by Nita Ellington

Medovnik- Russian Honey Cake



Ingredients:

Filling:

- * 1 (14-ounce) can sweetened condensed milk
- * 3 eggs, beaten
- * 2 tablespoons honey
- * ¼ cup butter
- ½ cup sour cream

Dough:

- 2 eggs
- ¾ cup sugar
- 1 teaspoon baking soda
- 1 tablespoon liquid honey
- 1 stick margarine or butter
- 2 cups flour

For Coating:

- 1 cup crushed plain sweet biscuit crumbs, for coating
- ½ - 1 cup ground walnuts,

Directions:

1. Preheat oven to 180°C.
2. Beat eggs well with sugar; add baking soda and liquid honey (warm).
3. Melt the margarine/butter in a casserole or pot; add the mixture (margarine should not be too hot).
4. Put the casserole on a low heat, add the flour while mixing and mix until the mass is without lumps (the mixture will be very thick and very hard to stir). Remove from heat and cool.
5. Dip the dough in flour, divide, roll each layer very thin (1-2mm), cut circles as round as possible (approx. 18cm diameter), and bake at 180°C for 2-4 minutes or until golden brown in color; repeat with remaining dough and allow to cool before assembling.

Cream Filling:

In a large saucepan over medium heat, combine sweetened condensed milk, eggs, honey, and butter. Stirring constantly, bring to a boil; boil until it thickens. Remove from heat and cool.

— Cathy Hedges



Russian Tea Cakes

Ingredients:

- 1 cup butter
- 1 teaspoon vanilla extract
- 6 tablespoons confectioners' sugar
- 2 cups all-purpose flour
- 1 cup chopped walnuts
- 1/3 cup confectioners' sugar for decoration

Directions:

- Preheat oven to 350 degrees F.
- In a medium bowl, cream butter and vanilla until smooth.
- Combine the 6 tablespoons confectioners' sugar and flour; stir into the butter mixture until just blended.
- Mix in the chopped walnuts.
- Roll dough into 1 inch balls, and place them 2 inches apart on an ungreased cookie sheet.
- Bake for 12 minutes in the preheated oven.
- When cool, roll in remaining confectioners' sugar.
- I also like to roll mine in the sugar a second time.

— Submitted by Nita Ellington

Russian Tea Mix

Ingredients:

2 cups Tang orange drink mix
 1 cup lemon flavored iced tea mix
 2 cups granulated sugar
 1 teaspoon ground cinnamon
 1 teaspoon ground cloves

Directions:

Combine all ingredients in a large jar with a tight fitting lid. Whisk it around until all of the ingredients are completely mixed together. Mix one or two tablespoons to taste in a cup or mug and add boiling water. Stir and enjoy.

— Submitted by Nita Ellington

Berries Romanoff



Strawberries or blueberries or raspberries
 or any combination
 Orange liquor, brandy
 1 pint whipping cream
 1 gallon vanilla ice cream
 2 pints sour cream

Sprinkle fruit with a little sugar; mix with enough liquor/brandy to make it interesting. Combine softened ice cream with sour cream and fold in the whipped cream. Spoon ice cream mixture into pretty stemware, and top with the fruit mixture.

A dessert fit for the tsar!

— *Sandy Walsh*

Russian Cakes-Desserts

Someday, if you're very lucky, your host will serve Tort Napoleon. That is a treat adapted to Russian kitchens from the French. It's delicious! The Russian word торт (that's 'tort' in English) means pie or even cake in some circumstances. By the way, a good guest will tell your Russian hosts that the Tort Napoleon was "very tasty" (Очень вкусный! as in 'OH-chen KOU-snee').

Napoleon Pie/Cake (Tort 'Napoleon')

Ingredients:

Pastry Layers:

4 tbsp. butter.
 1 tbsp. sugar.
 2 egg whites stiffly beaten.
 1 cup sour cream.
 1 tbsp. vodka.
 pinch of salt.
 2 cups flour (approximately).

Custard Filling:

10 egg yolks.
1 egg white.
2 1/2 cups sugar.
6 tbsp. flour.
6 cups milk.
1 tbsp. vanilla essence.
250gm butter.

Pastry Layers:

Beat butter and sugar together until creamy. Fold in stiffly beaten egg whites, sour cream and vodka. Add salt and fold in flour a spoonful at a time until the dough is soft and pliable. Chill for an hour or two to make it easier to roll out.

Butter a baking tray and dust with flour. Divide the cake dough into 12. Set the oven to heat to 190 degrees C.

Roll or press out each portion to an 8-inch circle on the baking form making each circle is of even thickness as thin areas will cook quicker and may stick to the tray before the rest of the dough is cooked.

Bake each layer until golden brown, approximately 6-10 minutes. If dough blisters as it cooks, puncture blisters with a fork. As each layer is cooked, remove from the tray and set aside to cool.

Custard Filling:

Pour the milk into a large saucepan and heat on the stove without boiling.

Beating the egg yolks, egg white and sugar until creamy. Mix well with the flour. Pour this mixture into the saucepan of milk and continue stirring until thick and creamy. Add the vanilla and butter and stir until smooth. Remove from the heat and set aside to cool. Stir frequently as the mixture cools.

Cooks Tip:

To prevent the custard catching on the bottom of the pot use a SimmerMat, but be sure to turn the heat down to low before using, and follow the manufacturer's instructions.

Preparation and Serving:

Place one layer of the cooked dough in the bottom of an 8 inch spring form cake tin and cover evenly with a layer of filling. Continue to build up the cake in this way, layering the

custard on top of the pastry, finishing with the 11th pastry layer. Crumble the remaining pastry layer on the top.

Refrigerate for 5-6 hours. The flavor improves after 12 hours of refrigeration when the custard takes on a stronger caramel flavor.

When ready to serve, carefully remove the cake from the tin. Decorate with chocolate shaving and walnuts or slivered almonds, slice and serve. Goes nicely with a dollop of cream.

The best way to cut the cake and retain the layered shape is to use an electric knife.

CRANBERRY MOUSSE (КЛЮКВЕННЫЙ МУСС)

Next up is a delicious Cranberry Mousse from our friend Tamara, an excellent cook and teacher of Russian language. Her website is: <http://www.primelanguageservices.com>



Tamara's delicious Cranberry Mousse!

This cranberry mousse is one of my fondest memories from early childhood when I tasted it at our dacha/country house for the first time.

You will need:

- One and a half cups fresh cranberries
- Two and a half cups plus 1/3 cup of water
- 1/4 cup uncooked cream of wheat (not instant)
- 1/2 cup sugar
- lingonberry preserve for topping
- whipped cream for topping

Step 1:

Place the cranberries in a medium-size saucepan, add the 1/3/ cup of water, and bring to a boil. Reduce heat to low and simmer until cranberries pop open, 8-10 minutes.

Step 2:

Remove from the heat, let cool, then mash the cranberries thoroughly. Pass them through a fine sieve into a clean saucepan. Add the 2 and a half cups water and bring to a boil.

Step 3:

Reduce heat to low and gradually add cream of wheat and sugar, stirring constantly. Simmer stirring until the sugar is completely dissolved and mixture has thickened, 10-15 minutes. Remove from heat and let it cool.

Step 4:

Put the mixture in a large bowl and beat with an electric mixer set on the highest speed until the mousse doubles in size, 7-10 minutes. Transfer to individual serving bowls and refrigerate until chilled. Serve with lingonberry preserve and whipped cream.

Taken from:

**[The Mendeleev Journal](#)**

Life, art, culture, language and music in Russia