Russian traditional food



How many dishes do Russian people usually eat for lunch?



Right, three dishes. What are they?







The first course

The second course

The third course

Let's try to make a menu for a Russian traditional lunch.



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Русское мени	•	Русское меню	
Салат Столичный 150гр	150 руб.	Ростбиф 200гр	320 руб.
Винегрет с сельдью 150гр	150 руб.	Жаркое из говядины 300гр	450 pp6.
Язык с хреном 150гр	280 pp6.	Шницель по-министерски 320гр	510 py6.
Жульен куриный 150гр	170 pp6.	Котлеты из щуки 280гр	480 py6.
Жульен грибной 150гр	170 py6.	Печень по-строгановски 280гр	420 py6.
Борщ с лепешкой и салом 300м3	230 py6.	Пельмени сибирские 250гр	340 pp6.
Уха рыбная зоон	230 руб.	Вареники с киселем 300гр	320 py6.
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The first course



OKROSHKA -

Russian cold soup- a mix of vegetables, boiled eggs with kvass. Ingredients: sausage, cucumber, radish, spring onion, potato, eggs, kvass.

RASSOLNIK –

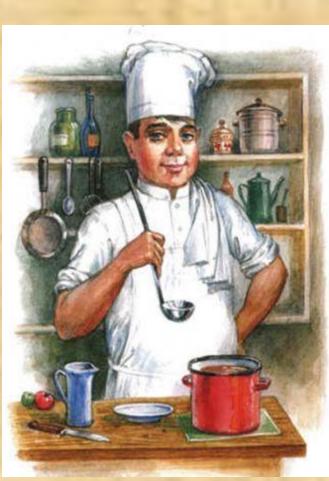
Russian soup, made of pickled cucumbers. Ingredients: meat, pickled cucumbers, pearl barley, potato, carrot, onion.

SHCHI-

Russian soup with cabbage as the primary ingredient.

Список новых слов

- Primary- основной
- Vegetables- овощи
- Boiled- вареный
- Pickled- соленый
- Pearl barley- перловка



The second course



PELMENI-Dumplings made of meat filling and dough. Ingredients: dough, meat, onion.

BLINI WITH EGGS AND RICE-A type of thin pancakes. Ingredients: pancake, eggs, rice, spring onion.

PIROZHKI WITH CABBAGE-Pirozhki are baked or fried buns stuffed with different fillings. Ingredients: dough, cabbage, eggs.

Список новых слов

- Pancake- блин
- Bun- булочка
- Baked- испеченный
- Fried- жаренный
- Filling- начинка
- Dumpling- клецка
- Dough- тесто



The third course







STRAWBERRY KISSEL-A fruit soup. Ingredients: strawberry, sugar, water, starch.

KVASS-A drink made from black bread. Ingredients: black bread, water, sugar.

GRANBERRY MORS-

A traditional Russian drink made of fresh berries, water, sugar. Ingredients: cranberry, water, honey.

Список новых слов

- Berry- ягода
- Cranberry- клюква
- Drink- напиток
- Starch-крахмал

HAVE A NICE MEAL!





