



Book of Tasty and Healthy Food: Iconic Cookbook of the Soviet Union

Mr. Anastas Ivanovich Mikoyan

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Book of Tasty and Healthy Food: Iconic Cookbook of the Soviet Union Mr. Anastas Ivanovich Mikoyan "Book of Tasty and Healthy Food" is a soviet collection of culinary recipes and food-preparation hints, curated by the USSR Ministry of Food and by people's commissar Anastas Mikoyan himself. It was first published in 1939. This book discusses the basics of healthy eating, provides information about food products made in USSR and gives recipes of various dishes. Updated editions of the book were coming out almost every year. There were about 8 million copies of the book printed since 1952.

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