



# Please to the Table: The Russian Cookbook

*Anya von Bremzen, John Welchman*

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From the robust foods of the Baltic states to the delicately perfumed pilafs of Azerbaijan, from borscht and beef stroganoff to the grains and yogurts of Georgia, Anya von Bremzen and John Welchman take Westerners on a spectacular tour of the many and varied cuisines of the fifteen former Soviet republics. Anya von Bremzen, a native Muscovite, grew up on regional cooking and has traveled extensively throughout the former Soviet Union, visiting professional chefs, touring markets, and sampling and gathering dishes. Covering eleven time zones and hundreds of recipes, *Please to the Table* brings to light the astounding culinary diversity of this corner of the world-and the similarities between the cuisines, too. Here are Byelorussian Mushroom Croquettes, Armenian Stuffed Mussels, and dozens of other zakuski-the "little bites" that are the heart and soul of Russian meals. Soups from Armenian Lentil and Apricot Soup to Lithuanian Apple Soup with Apple Dumplings. Dozens of entrees including Uzbek Lamb Pilaf, Russian Salmon with Sorrel and Spinach, Azerbaijani Quail in Walnut and Pomegranate Sauce, Armenian Pumpkin Moussaka. And side dishes, salads, beverages, and desserts such as Russian Cranberry Mousse and an Almond and Pistachio Paklava. Plus vatrushki, pampushki, halushki, blinchiki, sirniki, and pirozhki. Winner of the 1990 James Beard Food and Beverage Book Award. Selection of the Book-of-the-Month Club's Homestyle Books and the Better Homes & Gardens Family Book Service. 58,000 copies in print.

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