

Russian Soup Recipes: Thirty Delicious and Easy Soup Recipes (Paperback)



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(Dr. Paige Bartell)

RUSSIAN SOUP RECIPES: THIRTY DELICIOUS AND EASY SOUP RECIPES (PAPERBACK)

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Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.With this easy cookbook, Russia's main food group - THE SOUP - is yours to explore. Thirty delectable soup recipes from Russia. Great selection of enticing soups, from the classic borsch to chicken asparagus and from salmon soup to clear broth mushroom soup. Soup recipes of all styles, for every occasion, including warming chicken soups, hearty beef soups, spicy sauerkraut soup, and lighter seafood soups from the Russian Far East region. Simple and easy-to-find ingredients. Step-by-step instructions for each soup. Recipes are accompanied by introductions that present a glimpse into the Russian cuisine, past and present. Author Julia Gousseva grew up in the Soviet Union where soups were a solution to constant food shortages and scarcity of ingredients. To survive, everyone made soups: they are easy to cook, low in cost, and require just a few ingredients to feel like a meal. As the Iron Curtain fell away, the Russian diet became more varied, but soups continue to occupy a prominent place in cookbooks, kitchens, and restaurants. With this easy cookbook filled with soup recipes, you will be able to make delicious meals in your slow cooker, crock pot, or a regular soup pot. In the Soviet Union, nobody had slow cookers or crock pots, so all soups were always cooked in pots on stoves. But you can decide how you want to make these recipes. Soups are great if you are trying to lose some weight but find it not so easy to find time to make healthy meals. These recipes are perfect if you find fad diets ineffective, complicated, and boring, resorting to unhealthy fast food. Or, maybe you have a slow cooker but it's collecting...

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