

Activity 1**Foods of Eastern Europe & Russia**

A Cuisine History

Purpose: To relate history and geographic location to the cuisines of Eastern Europe, Russia, and the Independent Republics.

Directions: Identify the historical influence or geographical location of each food below. Write your answers in the space provided to the left of each number.

- _____ 1. The ___?___ tradition of pickling and salting to stretch foods from a short growing season lives on in the northern countries of Eastern Europe.
- _____ 2. This area's cuisine can be described as "potatoes and meat."
- _____ 3. The Central Countries were influenced by ___?___ cuisine in the popularity of breaded and fried pork cutlets.
- _____ 4. Mazurek is a specialty fruit- and nut-laden shortbread of ___?___.
- _____ 5. ___?___ diós bukta is a spiral of rich yeast dough filled with ground walnuts, dates, raisins, apples, apricot jam, and chocolate.
- _____ 6. Eating bread with every meal is basic in ___?___ cuisine.
- _____ 7. The zakuska table resembles the Scandinavian ___?___.
- _____ 8. Tea came to Russia in the 1600s from ___?___.
- _____ 9. The ___?___ is known as the "breadbasket of Europe."
- _____ 10. Sheep provide meat for many main dishes, such as shashlyk, in the ___?___
_____ ? ___?___.
- _____ 11. Lavash, a thin, blistered flat bread, might be served with stew in this region of the Caucasus Republics.
- _____ 12. Blini are small, yeast-leavened, buckwheat pancakes common in ___?___.
- _____ 13. Pierogis, or dumplings made from noodle dough, are typical in ___?___.
- _____ 14. A(n) ___?___ kolache is a sweet roll filled with fruit butter, nuts, or poppy seed paste.

Activity 2

Foods of Eastern Europe & Russia

Dishes of Eastern Europe and Russia

Purpose: To identify typical ingredients used in dishes of Eastern Europe, Russia, and the Independent Republics.

Directions: For each food listed below, write the ingredients used to make it in the space provided.

1. Kulich: _____

2. Sült: _____

3. Pirags: _____

4. Paraszt-saláta: _____

5. Bigos: _____

6. Kolache: _____

7. Mamaliga: _____

8. Caviar: _____
9. Kulebiaka: _____

10. Shashlyk: _____

Activity 3

Foods of Eastern Europe & Russia

Eastern Europe and Russian Vocabulary

Purpose: To review food vocabulary from the countries of Eastern Europe, Russia, and the Independent Republics.

Directions: For each definition on the left, write the word that correctly completes the definition on the right, one letter in each space. If your answers are correct, the circled letters should complete statement 9 at the bottom of the page.

1. Sautéed grains cooked in a seasoned liquid are...

○ _ _ _ _

2. A small, yeast-leavened, buckwheat pancake is...

_ _ ○ _ _

3. A Czech sweet roll filled with fruit butter, nuts, or poppy seed paste is...

_ _ _ _ _ ○

4. The salted eggs of sturgeon are...

_ _ _ _ _ ○

5. A sweet-and-sour Polish stew with pork, apples, and sauerkraut is...

_ _ _ ○ _

6. A rich yeast oval or pretzel-shaped coffee cake is...

_ _ _ _ _ ○ _

7. A Russian dumpling is...

_ _ _ _ _ ○

8. A smoked sausage from Poland is...

_ _ _ _ _ ○ _

9. Polish dumplings made with noodle dough rather than potatoes are known as _ _ _ _ _ .