

Name: _____ Key _____

Period: _____

Russia Study Sheet

Pages 601-608

1. How large is Russia?

Largest country in the world; 2x the size of the US

2. Most of Russia is vast _____ lowlands _____ but _____ mountains _____ are important, too.

3. Why have many canals been built running east and west?

Most rivers run north and south, so to improve river transportation east and west they built canals.

4. Describe the climate.....

.... in the large portion of Russia-short, cool summers, long, severe winters and light precipitation

.....the European part of Russia-short, mild summers, long and cold winters, and moderate precipitation

.....the arctic portion-short, chilly summers, long, bitterly cold winters

5. What are the 5 major grain crops?

Wheat, rye, barley, oats, and corn

6. What types of fruit and vegetables are grown in Russia?

Cabbage, potatoes, and apples

7. Cream sauces and Queen Cake are examples of _____ Scandinavian _____ foods.

8. The _____ Mongols _____ taught the Slavs how to _____ broil _____ meat and how to make _____ sauerkraut _____, _____ yogurt _____, _____ kumys _____ and _____ curd _____, _____ cheese _____. They also introduced _____ tea _____ drinking.

9. What is Kumys?

A mild alcoholic beverage

10. The *czars* staged elaborate banquets and introduced European foods to Russia. Give three examples of this.

French Soups, Dutch cheeses and the custom of serving fruit preserves with meat

11. What forms the basis of the Russian diet? Bread, kasha and soup

12. Why is Russian bread made from rye?

They can grow rye in the short, cool growing seasons.

13. What is *kasha*?

A staple food usually made from buckwheat that is fried when it is raw and then simmered until tender.

14. Name three examples of Russian Soups.

Cabbage

Beet

Fish broth

15. Describe the following Russian appetizers and soups.

A. *Zakuska* (give examples) –smoked salmon, pickled herring, fish in aspic, and sliced cold meats, pâtés,

salads, cheese, pickles, breads and caviar

B. *Caviar* – processed, salted roe (eggs) of large fish; Sturgeon used most often

C. *Schi* –cabbage soup

D. *Borscht* –beet soup

E. *Ouba* – clear fish broth

F. *Rasolnik* – soup that is a mixture of vegetables garnished with chopped veal or lamb kidneys

G. *Solianka* – soup that contains meat or fish and salted cucumber

16. Describe the following foods.

A. *Shashlik* – cubes of marinated lamb grilled on skewers

B. *Beef Stroganov* – tender strips of beef, mushrooms, and seasoned sour cream sauce

C. *Chakhokhbili* – stewed chicken with tomato sauce, onions, vinegar, wine, peppers, and olives.

D. *Kurnik* – chicken and rice pie

E. *Kotmis satsivi* – roasted chicken with walnut sauce

F. *Kotlety po-kyivskomu* (chicken Kiev) – pounded chicken breasts wrapped around pieces of butter; breaded and deep-fried until golden brown

17. Describe 2 ways to prepare fish- sturgeon and swordfish are prepared on skewers; white fish served in aspic; crisp fish cake eaten with mustard sauce

18. What vegetables are available during the following seasons?

A. Winter- rutabagas, root vegetables, potatoes, pickles dried mushrooms, and sauerkraut

B. Summer- asparagus, peas, and fresh cabbage

19. Cereals serve as a staple to the Russian diet as they are available year round and are filling and inexpensive. Describe five different ways cereals are used in Russia.

Dark bread

White bread

Sweet bread

Kasha- plain, soups, side dish, or pudding desserts

Flour dough to make noodles, dumplings and pirozhki

Pirozhki- pastries filled with protein-based or sweet fillings

20. Describe the following foods.

A. *Smetana* – sour cream

B. *Prostokvasa* – sour milk

C. *Kefir*-a type of yogurt

D. *Koumys*- sour mare's milk

E. *Charlotte Russe*- ladyfinger mold with cream filling

F. *Kisel*- pureed fruit

G. *Samsa*- sweet walnut fritters

H. *Medivnyk*- honey cake

I. *Paskha*- rich cheesecake

J. *Kulich*- tall cylindrical yeast bread filled with fruits and nuts.

21. Russians eat 3 meals a day. Describe what might be served at a typical meal.

A. Breakfast- simples; kasha with milk, bread, butter, jam, hot tea, and an occasional egg

B. Lunch- hearty soup, bread with cheese, or sausage and tea

C. Dinner- main meal of day; zakuska (appetizers), glasses of vodka or kvas (beer), soups, main course of meat, poultry, or fish, vegetables and bread and a simple dessert (kisel and hot tea)