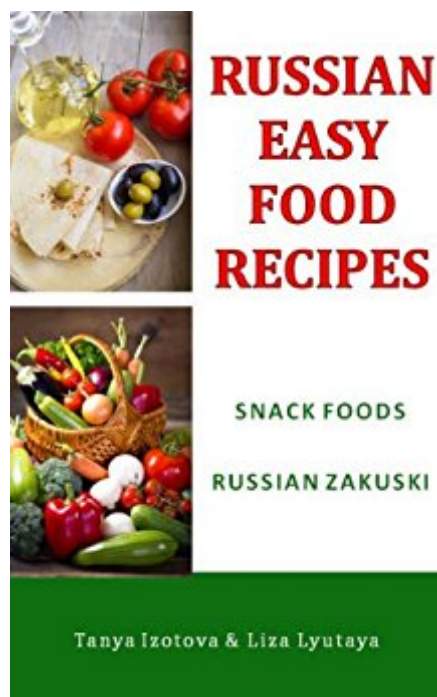


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# Russian Easy Food Recipes - Russian Zakuski: Snack Foods



## Synopsis

Updated 2016 - Two sisters from Saint Petersburg, Russiaâ [Tanya Izotova and Liza Lyutayaâ ].have created an authentic collection of zesty Russian snack foods. "Any housewife in Russia has a special little notebook hidden somewhere in the kitchen. Sometimes a grandmother or mother started writing Russian recipes and passed these to other family members. We use it when we want to cook some delicious and quick Russian meals to feed our family. We put new recipes into that little notebook all the timeâ ].when we hear something interesting from our friends or read in some cook book. The main requirement for a recipe is that the meal should be easy to cook and the ingredients shouldn't be expensive. Usually we have all the necessary contents in our refrigerator. Russians are internationally oriented people, so we like to cook not only true Russian dishes, but also the cuisines from other countries. That's why, in these recipes we use as a main component "Lavash" which people in Caucasus eat like bread." There is nothing better than this fresh Lavash soft bread. The second idea is that teenagers can easily prepare such meals for themselves without any help from their parents. Good for children and good for their Mom. The third point is that the ingredients we use are healthy, cheap and usually available from your kitchen." Our "Russian Easy Food Recipes" show you how to create exciting Russian snacks and appetizers for the Russian diet.

## Book Information

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