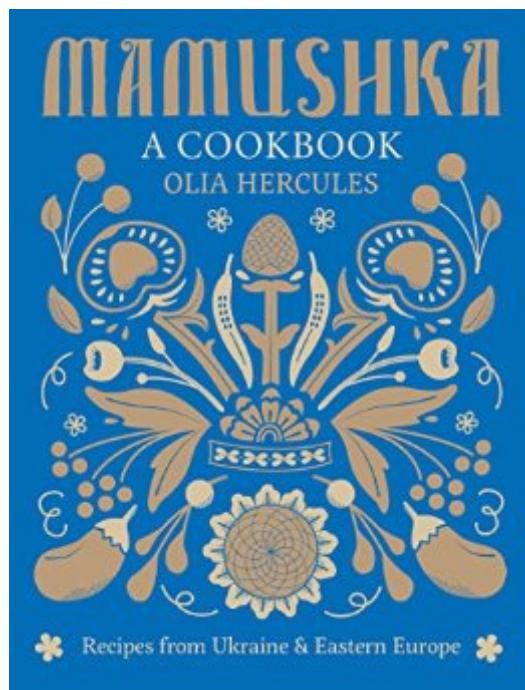


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# Mamushka: Recipes From Ukraine And Eastern Europe



## **Synopsis**

A celebration of the food, flavors, and heritage of Eastern Europe "from the Black Sea to Baku, Kiev to Kazakhstan" Mamushka features over 100 recipes for fresh, delicious, and unexpected dishes from this dynamic yet underappreciated region. Olia Hercules was born in Ukraine and lived in Cyprus for several years before moving to London and becoming a chef. In this gorgeous and deeply personal cookbook, she shares her favorite recipes from her home country with engaging and loving stories about her culinary upbringing and family traditions.

## **Book Information**

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## **Customer Reviews**

I am not Russian, not that I know have I any Russian ancestry which perhaps could come a long way to explain my incredible love for all things Russian. Food, an object and subject for me of much time and love has been from the fabulous meals at the late and lamented Russian Tea Room to my wondering as if lost- alas, often that was the case - looking for certain ingredients, a delightful journey into a different and wonderful cuisine. For 25 years "Please to the Table" has been my go to with many incredible Russian recipes from here and yonder, that plus many paperbacks collected since the 60s where Orthodox churches in exile would published recipes that were as rare as the

ingredients needed to make them. Over the years I have made many Coulebiacs, Vatrushkas, and the real Chicken Kiev, a very distant relative - the only thing in common was the chicken - from those served here in the finest restaurants in the 60s and 70s. Friends of friends in Russia were always happy to share their recipes to my everlasting gratitude. I learned here and there part of the Russian people's history by their food, how it got there and from where. Recently I stumbled into this little jewel and believe it or not, I managed to stay up all night reading it, making shopping lists, and deciding that some of the recipes are worthwhile staying up all night and making time to cook them. The author is a charming tale weaver of memories, family recipes, choices and substitutes for some hard to find ingredients. Those of us who have been blessed with an imagination capable to foresee what something may taste have only to look at the wonderful photographs to know. A couple of photos which I assume are from some relatives of the author made me smile.

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