Tretyakov Gallery, Sputnik

Preparation:

Restaurant Matreshka.

Porcini mushrooms, beech mushrooms, milk mushrooms, but, if there are no pan, it can be made with different kinds of meat or fish and a "lean" version of Selyanka is a rich dish with cabbage and a lot of ingredients. Cooked in a deep during Lent!

Lent?

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**7 Russian dishes for religious holidays**

**Great Lent**

1. **Mushroom selyanka**
   - Cut dried mushrooms into small pieces. Soak for 20 minutes, then pour new water in again. Soak them for another 2 hours, then boil in the same water, adding a little salt.
   - Finely chop the boiled porcini mushrooms and add to the pan with the cabbage and继续 to braise until the cabbage is tender.
   - Add chopped salted mushrooms. Stir and leave to stew for 10 more minutes.
   - Mushrooms selyanka can be served hot or as a cold appetizer. You can also add diced ham and broccoli and braise until cabbage is tender.

2. **Carrot and apple cutlets**
   - Grate the apples. Chop the onion finely.
   - Boil the carrots. Then grate the carrots.
   - Mix all the remaining ingredients, except the breadcrumbs. Pour the soy milk gradually, so that the mixture is not too liquid. Form patties by hand and roll in the breadcrumbs.
   - For dessert during Lent, or just for a family tea party on a day off, you can make a sweet closed pie with dried fruit and nuts.

3. **Pie with dried fruit**
   - Take the rest of the dough, roll out to the shape of the pie and cover the pie with it. Trim off any excess dough and pinch the bottom and top of the dough together with your fingers.
   - In a round form (ideally 24 cm diameter) put a little more than half of the dough and roll out on the form. Spread the filling on top.
   - For stuffing:
     - Sugar syrup: Add sugar in the water and mix. Leave to cool. When the sugar syrup has cooled, add the syrup, sugar, water, and sugar syrup is thick enough. You can add apricot jam.
     - Stuffing: put dried apricots, prunes, raisins and pears in a vacuum bag and add 1 teaspoon of vanilla extract.
     - For the filling:
       - Sunflower halva - 500 gr (If you don't have any halva, you can increase the amount of sugar syrup. It will be thick enough.)
       - Dark raisins - 200 gr
       - Pears - 200 gr
       - Dried Apricots - 200 gr
       - Prunes - 200 gr
       - Sugar - 100 gr
       - Lemon juice - 30 ml (or juice of half a lemon)
       - Water - 800 ml
       - Fresh apples - 500 g
       - Sugar - 400 gr (If you don't have any halva, you can increase the amount of sugar syrup. It will be thick enough.)
       - Walnuts (peeled) - 100 g
       - Sugar syrup - 170 gr
       - Thyme fresh - 1 g
       - Cumin - 1 g
       - Nutmeg - 1 g
       - Salt - 5 g
   - Bake at 160°C for 35 minutes. (If you are baking in a ring mold, remove the ring mold and continue baking for another 10 minutes until the pie is slightly brown.)
   - Serve the carrot cutlets as a separate dish or with mashed potatoes.

4. **Pie with tuna**
   - Simply do the following:
     - For stuffing:
       - Sugar syrup: Add sugar in the water and mix. Leave to cool. When the sugar syrup has cooled, add the syrup, sugar, water, and sugar syrup is thick enough. You can add apricot jam.
       - Stuffing: put dried apricots, prunes, raisins and pears in a vacuum bag and add 1 teaspoon of vanilla extract.
     - For the filling:
       - Tuna - 125 g
       - Water - 500 ml
       - Onions - 20 gr
       - Cream of wheat - 30 g
       - Carrots - 500 g
       - Salt - 15 gr
       - Soy milk - 100 ml
       - Sugar - 170 gr
       - Yeast (pressed) - 30 g
       - Vegetable oil - 150 ml
       - Vegetable oil - 50 ml (for frying)
       - Breadcrumbs - 60 g
       - Thyme fresh - 1 g
       - Cumin - 1 g
       - Nutmeg - 1 g
       - Salt - 5 g
     - For the dough:
       - Flour - 1200 gr
       - Vegetables - 300 gr
       - Vegetable oil - 100 ml
       - Water - 500 ml
       - Salt - 15 gr
       - Sugar - 100 gr
       - Yeast (pressed) - 30 g
   - Bake at 160°C for 35 minutes. (If you are baking in a ring mold, remove the ring mold and continue baking for another 10 minutes until the pie is slightly brown.)
   - Serve the carrot cutlets as a separate dish or with mashed potatoes.

**Russia Beyond**

- **Restaurant Matreshka.**
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**3 Russian dishes for fasters and vegetarians**

1. **Monastic cuisine: Valaam shchi with mushrooms**
   - Mash the halva with a fork. Add the sugar syrup, then seal it and cook for an hour. Then cool and chop it. Add the halva to the filling.

2. **Carrot cutlets**
   - For stuffing:
     - Sugar syrup: Add sugar in the water and mix. Leave to cool. When the sugar syrup has cooled, add the syrup, sugar, water, and sugar syrup is thick enough. You can add apricot jam.
     - Stuffing: put dried apricots, prunes, raisins and pears in a vacuum bag and add 1 teaspoon of vanilla extract.
     - For the filling:
       - Tuna - 125 g
       - Water - 500 ml
       - Onions - 20 gr
       - Cream of wheat - 30 g
       - Carrots - 500 g
       - Salt - 15 gr
       - Soy milk - 100 ml
       - Sugar - 170 gr
       - Yeast (pressed) - 30 g
       - Vegetable oil - 150 ml
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       - Breadcrumbs - 60 g
       - Thyme fresh - 1 g
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     - For the dough:
       - Flour - 1200 gr
       - Vegetables - 300 gr
       - Vegetable oil - 100 ml
       - Water - 500 ml
       - Salt - 15 gr
       - Sugar - 100 gr
       - Yeast (pressed) - 30 g
   - Bake at 160°C for 35 minutes. (If you are baking in a ring mold, remove the ring mold and continue baking for another 10 minutes until the pie is slightly brown.)
   - Serve the carrot cutlets as a separate dish or with mashed potatoes.