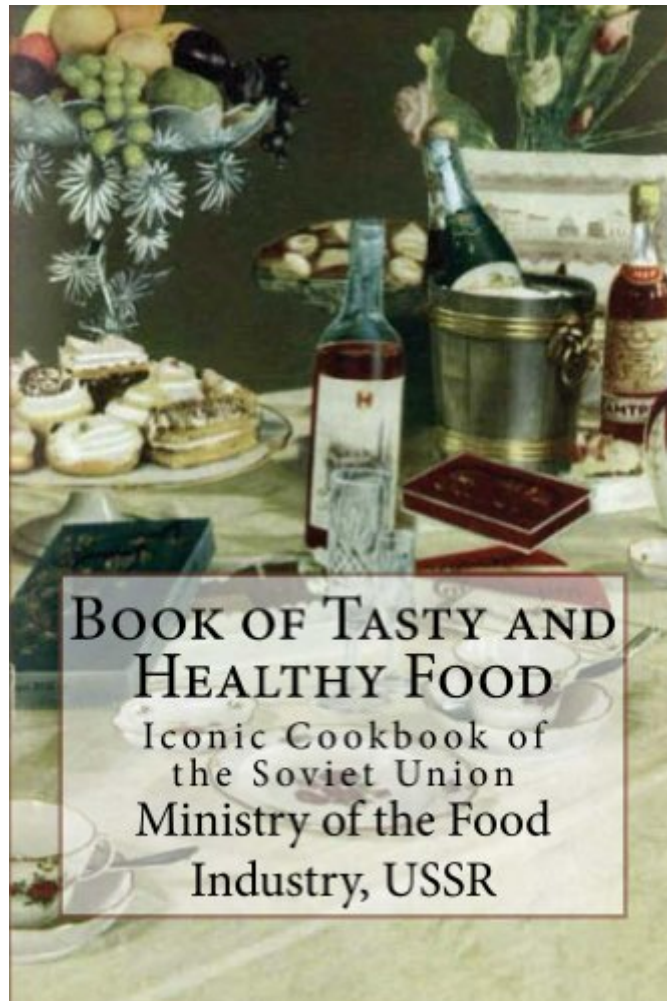




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Book Of Tasty And Healthy Food



Synopsis

"Book of Tasty and Healthy Food" is a soviet collection of culinary recipes and food-preparation hints, curated by the USSR Ministry of Food and by people's commissar Anastas Mikoyan himself. It was first published in 1939. This book discusses the basics of healthy eating, provides information about food products made in USSR and gives recipes of various dishes. Updated editions of the book were coming out almost every year. There were about 8 million copies of the book printed since 1952.

Book Information

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Customer Reviews

Anastas Mikoyan seems to be a divisive figure in the former Soviet Union, especially in his native Armenia, but this curious bit of history is, more than anything else, a monument to one man's survival at the top echelons of Soviet power when many of his colleagues wound up dead on the whims of Stalin. It is to be presumed that Stalin really, really liked his ice cream. It's a fascinating read; the book combines traditional Russian cuisine with contemporary international influences and puts on paper the now-famous Russian kotlety, the breaded hamburger patty created in imitation of

American food (supposedly by Mikoyan himself) that's still a staple in Russian kitchens. It is also, depending on your perspective, either unrealistically aspirational or deeply delusional, making it (in context) a darkly humorous mirror of, of all things, *À la Mode*. *In Memory's Kitchen*, the culinary memoirs of anonymous and doomed Jewish housewives in the Terezin concentration camp. Frankly, it's impossible to rate on its own terms; the people who bought it certainly knew it was little more than propaganda, but, hey, you're welcome to try the recipes. Four stars reflects its value as a historical document. It should be five, but unfortunately what you wind up getting is a translation of the book, a smattering of background, and little more; it lacks even an index, and doesn't really reach the standard of the Toomre translation of *A Gift to Young Housewives*, for which it's an otherwise ideal companion volume. (To create an even triad, throw in a copy of *Please To The Kitchen* by Anya von Bremzen to learn about what the (later) USSR *actually* ate.)

A fascinating view into the passion of the man behind almost all the food extant during the soviet years. Mikoyan survived numerous leaders, purges and eras, by wile, guile and a savvy knowledge for what the people wanted to eat. There are a surprising number of really good recipes here, as well as a glimpse into the kitchens of The Other Side.

As other commenters have noted, this is an excellent text which serves both as a cookbook and a historical document that reveals the official Party line on food, eating, health, and Soviet etiquette. As a cookbook, it offers many excellent recipes which are indeed tasty and healthy. My only issue is that the formatting was not done correctly. It is not possible to go to a specific chapter from the table of contents, nor is it possible to easily find a particular recipe or page without having to laboriously search for it. This is the only thing keeping me from giving it a five star review, and I hope that the authors and editors rectify this fault eventually.

I'm delighted to have access to this historical tome that was previously unavailable in English. It's 718 pages of Soviet goodness. Be warned that the recipes are very simple (to save time and resources for Soviet wives, I assume). So the book may be more of a historical curiosity rather than a daily use cookbook. There's lots of weird cultural nuggets in it, from how much a worker should eat compared to a child, how to set the table, etc etc. so it's a great read for those interested in the Soviet era, even if you aren't planning on cooking from it. The translation has dropped most of the articles which gives the book a very Russian feel and I admire the fellow who translated the thousands of recipes found within. If you've read *Mastering the Art of Soviet Cooking* and was as

taken with it as I was, you'll probably enjoy the Book of Tasty and Healthy Food (which was mentioned in the former several times).

Love it.. I make chicken pozarski kotleti every week now, better than fried chicken. . With some seasoning salt on top. . Food fit for kings, seriously

My parents had this original in Russian and it was amazing to remissness with them! Although the original had colorful depictions of the food, I cannot complain for such a low price!

The "Book of Tasty and Healthy Food" is an interesting mix of cold war Soviet propaganda that also serves up some decent recipes. Written at a time when the USSR was desperately trying to convince the world and it's own citizens that communist country's way of life was the best in world, the book is a cross between a study of good table manners, practical food preparation and meal planning guide, and cookbook. It had to also be very frustrating since, as noted in the "Introduction", many of the ingredients would not have been commonly available to the average Russian citizen at the time. The recipes are actually quite good and several have dated pictures to show how the dish should be served, which was actually very interesting to see. This is a very good cookbook for those looking for something a little different. Recommended!CFH

More than a cook book (which it also is) the Book of Tasty and Healthy Food is a bizarre time document of the Soviet State. It was first published in the thirties, in the midst of the Stalinist terror, and in the midst of huge shortages. While mist Muscovites were struggling to find any food at all, the Ministry of Food Industry presented them with a book telling them how to set a table for a three course diner with friends (don't forget the flowers in the middle of the table! And put the knives with the sharp edge towards the plate. Don't forget to wash your hands!). But of course, it also is a cookbook, with recipes ranging from the very basic (Sardines: take out of the can, put on the plate, cover with slices of lemon and sprinkle with parsley) to a bit less basic, but sometimes outright bizarre, like fruit salad dressed with mayonnaise. The book is illustrated with old black and white pictures of beautifully set tables, dressed salads and products of the Soviet food industry.

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