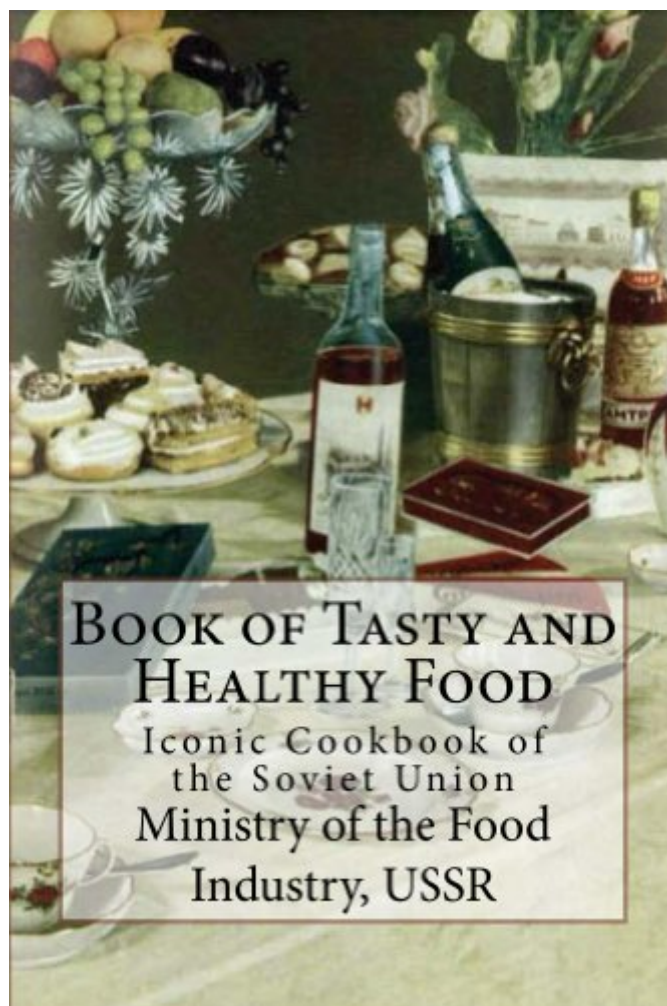


The book was found

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

File Size: 5931 KB

Print Length: 724 pages

Publisher: SkyPeak Publishing (September 1, 2012)

Publication Date: September 1, 2012

Sold by:Â Digital Services LLC

Language: English

ASIN: B00957AYR8

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #814,658 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #33

inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International >

European > Russian #77 inÂ Books > Cookbooks, Food & Wine > Regional & International >

European > Russian #153 inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine >

Regional & International > International

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.

[Download to continue reading...](#)

Air Fryer Cookbook (Includes Paleo, Vegan, Pot, Clean Eating, Low-fat, Bake, Roast, Fry, Grill, Healthy, Delicious, Tasty, Easy, Simple Cooking, Greek): 300 Easy Recipes for Quick and Tasty Meals Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas.

Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Food Truck Business: How To Start Your Own Food Truck While Growing & Succeeding As Your Own Boss (Food Truck, Food Truck Business, Passive Income, Food ... Truck Startup, Food Truck Business Plan,) Hello! My Name Is Tasty: Global Diner Favorites from Portland's Tasty Restaurants Book of Tasty and Healthy Food Instant Pot Cookbook: Top 550 Amazingly Tasty & Healthy Instant Pot Recipes for Your Healthy Family. (With Nutrition Facts) Including Delicious Weight Loss Recipes. Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook, Whole Food Recipes, Clean Eating, Paleo, Ketogenic) The Atkins Diet Head Start: The trusted guide to healthy atkins foods and tasty atkins meal plans for your weight loss revolution (atkins diet, atkins ... diet book 2017, atkins for beginners) Quick and Tasty Tofu Marinades: Easy and Healthy Tofu Marinade Recipes Vegan and Vegetarian Friendly Cookbook Alkaline Foods: 100% Raw: Easy and Tasty Raw Food Recipes Including Alkaline Salads, Smoothies and Treats! (Weight Loss, Clean Eating, Alkaline Diet Book 2) Whole Foods: Plant-Based Whole Foods For Beginners: 30 Simple and Tasty Recipes for Exciting Meals and Healthy Weight Loss Kids Lunch Boxes: 101 Tasty, Fresh, Fun and Healthy School Lunch Box Ideas and Recipes Your Kids Will Love To Eat! 30 Delicious Sweet Potato Recipes â Tasty and Healthy Sweet Potato Recipes (The Ultimate Sweet Potato Cookbook Including Recipes For Sweet Potato Soup, ... Salad, Sweet Potato Souffle and More 1) The Food Service Professional Guide to Controlling Restaurant & Food Service Operating Costs (The Food Service Professional Guide to, 5) (The Food Service Professionals Guide To) Babushka: Russian Recipes from a Real Russian Grandma: Real Russian Food & Ukrainian Food (Russian food, Russian recipes, Ukrainian food, Polish recipes) Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes) Spiralizer Cookbook: Top 35+ Tasty, Healthy And Creative Recipes For Your Body Eat Right! Burn Fat!: Miracle Benefits of Apple Cider Vinegar Diet with Healthy and Tasty Recipes, Rapid Loss Weights Instant Pot Cookbook: Healthy and Tasty Vegan Instant Pot Recipes for Electric Pressure Cooker! (Instant Pot Recipes - Instant Pot® Electric Pressure Cooker) Instant Pot Cookbook: 25 the Best Recipes Ever Healthy and Tasty of Home

[Contact Us](#)

[DMCA](#)

[Privacy](#)

