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Russian Breakfasts for Russian Brides in the US

By Annas Agency

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by: **Annas Agency**

Bliny

Description

Bliny is a Russian traditional dish. They are baked in a great quantity at Shrove (carnival) – last week before Lent. Bliny making was a real sacred mystery. People told fortunes on the dough, kept their recipes of Bliny in secret. The first Bliny were put on the window-sills for poor people and pilgrims. The foreigners were very surprised at how many Bliny Russians could eat. At Shrove mother-in-law must bake a lot Bliny for her son-in-law. The most popular Bliny were made from buckwheat flour. Good Bliny must be very very thin. The thinner Bliny are the perfect your skill is.

Method

Mix eggs with 3 cups of milk . Add salt and flour and mix thoroughly. The dough can be drained so that there are no flour lumps in it. Pour vegetable oil into a saucer. Peel an onion and cut it into 2 parts; take one part with a fork and dip it in oil. Use it every time for greasing the pan with vegetable oil. Heat the pan. Grease it. Pour thin layer of batter evenly. Add more flour if you are not successful with thin bliny. Cook until light brown, about 2 minutes on each side. Servings: 2–3. Bliny can be served with butter, sour cream, black or red caviar, fillet of sturgeon, lox, and salmon.

Ingredients 1 c flour. 3 c milk. 1/2 ts soda. 2 tb vegetable oil. salt and sugar to taste. 2–3 eggs.

Cheeseballs

Description

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This dish has proved its gustatory qualities. Golden, palatable cheese balls will be to everyone's liking. It is served perfectly for breakfast and lunch.

Method

Separate yolks from egg whites. Grate cheese finely, season to taste. Pour water in a pan and add chopped butter. Heat the pan until butter is melted. And quickly stir in the flour. Then heat the pan, stirring constantly, for 4–5 minutes. Take the pan off the heat. Pour in yolks and whites, one at a time and add grated cheese, stir thoroughly. Grease a baking sheet with butter and sprinkle with flour. Divide the cheese dough into 12 parts and shape small balls. Brush the balls with a yolk beaten with 1 tb milk. Bake in a preheated oven 210C for 25 minutes. Turn off the heat and let the balls cool down in the oven.

Ingredients 90 g sifted flour. 180 g water. 120 g hard cheese. 45 g butter. 2 ea eggs. 1 tb milk.

salt.

Curly Sausages

Description

You can make a wonderful breakfast from simple sausages. Your kids will surely have fun with that meal.

Method

Make four cuts at every end of a sausage. Heat the pan with butter very well and sink sausages there. Fry carefully on every side until there is a brown skin. Serve hot with ketchup or mustard.

Ingredients 4 ea sausages. 100 g butter. ketchup. mustard.

Drachona

Description

Drachona is a round cake from eggs. That was a very popular dish for farmers' family. Drachona is a very healthy dish and can be a wonderful breakfast for your family.

Method

Separate yolks and egg-whites. Blend yolks with salt, sour cream and flour thoroughly, pouring milk gradually. Beat up egg-whites and stir with the mass carefully. Grease the pan with butter and pour the batter in. Bake in the well heated oven. Drachona is served with melted butter and green parsley.

Ingredients 8 ea eggs. 1 c milk. 2 tb sour cream. 1 tb flour. 2 tb butter. salt.

Fried Ham in Bread Slices

Description

Small, palatable and piquant sandwiches will decorate not only your morning table, but also the holiday table.

Method

Spread mustard on every ham slice and fry in butter, then out every slice on fried piece of bread and sprinkle with chopped greens.

Ingredients Ham. Bread. Chopped greens (dill, parsley). Mustard.

Ghalushki Poltavskie

Description

Galushki is an Ukrainian dish, as well as kletski. They are fried in butter, breadcrumbs and served with sour cream both as an independent dish and in soup or broth. There is a monument to galushka, pierced on the fork in a small town of Canada.

Method

Beat eggs with beater until smooth. Add salt. Gradually add melted butter and flour until you have a thick batter. Cook the dumplings either in soup or broth. Put 2 l soup into a pot and bring to a boil. Wet spoon often in the liquid, cut the batter on a board and drop it into liquid. Cook dumplings until they come to top. Put into a dish and butter lightly.

Ingredients 3 eggs. a pinch of salt. 1 1/2 cups flour (add more to make batter thick). 100 ml water. 100 g butter.

Grenki

Description

Grenki is a wonderful item for breakfast. They can be served with jam, cheese or sausages.

Method

Slice a roll. Beat up eggs with milk and salt. Heat oil in the pan and put well soaked in milk bread slices (30 c). Fry on every side until light brown. Sprinkle with cheese if there is.

Ingredients 3 ea eggs. 1/2 l milk. 1 ea white bread loaf. oil to fry. salt.

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Ham & Egg Rolls

Description

Ham and Egg Rolls is an excellent dish for the holiday table. Palatable appetizer will diversify your holiday menu best of all.

Method

Peel the eggs; cut in halves. Roll each half of egg in a slice of ham. Secure with wooden pick. Arrange lettuce leaves around ham and egg rolls on serving plate. Decorate with mayonnaise and garnish with pickles.

Ingredients 5 ea hard-cooked eggs. 10 ea cooked ham thin slices. lettuce leaves. mayonnaise. pickles.

Ham Sandwiches

Description

Wonderful appetizer and a rich dish for breakfast. Decorate sandwiches with green and different vegetables bright in colours and they will attract all the attention of your guests.

Method

Grind cold eggs, ham in the mincer. Add butter, salt, pepper and mustard to your taste. Stir thoroughly. Spread the mass on a bread slice 1/5 inch thick and cover with another one.

Ingredients 200 g ham. 2 ea eggs hard boiled. 50 g butter. mustard. salt, pepper.

Kutia with Rice and Raisins

Description

Kutia is a traditional Christmas dish, that not only decorates the table but serves as ritual dish.

Method

Cook crumbly rice: sort out, wash under running water, pour over water and bring to a boil. Drain the water, wash under cold water and cook in a large quantity of water until soft. Drain the water and cool down. Combine rice with salt, sugar and cinnamon. Add to the rice well washed and scalded raisins, stir carefully, heat on low heat. Cool down and serve.

Ingredients 1 1/2 c rice. 1 c raisins. water. cinnamon. sugar. salt to taste.

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Latkes

Description

Latkes is an excellent vegetable dish that will serve as a delicious breakfast main course as well as a light garnish with meat dishes.

Method

Peel a squash, grate it and squeeze the juice. Combine grated squash, eggs, salt, flour and butter. The mass should not be very dense. Fry latkes in a well preheated pan. Serve hot with sour cream.

Ingredients 400 g squash. 200 g flour. 2 ea eggs. salt to taste. 50 g butter.

Microwave Omelette

Description

This recipe is for the ideal breakfast for the people who are in a hurry in the early morning. Just five minutes... and you have a delicious, rich dish on your table.

Method

Whisk eggs in a deep bowl. Combine flour with milk and stir until homogenous. Pour the mass into eggs; season to taste and add chopped greens. Grease microwave mold with butter and pour in the liquid. Cook in a microwave 100% power for 3 minutes. Leave it until dense. Cut the omelette into halves, turn them down and top with a slice of ham and cheese. Bake in a microwave 100% power for

30–40 sec. Serve hot.

Ingredients 4 ea eggs. 1 tb flour. 4 c milk. 2 ea ham slices. 2 ea cheese slices. greens (dill, parsley, scallion). salt and pepper to taste. butter.

Millet Porridge with Pumpkin

Description

Porridge is the healthiest and useful food, but it is usually hard to make it delicious. Taste our new version of simple porridge.

Method

Put sliced pumpkin in boiling milk and cook for 15 minutes. Add washed millet, salt, sugar and, stirring regularly, cook for 15 minutes until it is dense. Put cooked porridge in double boiler or in the oven for 15–20 minutes.

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Ingredients 200 g millet. 750 g milk. 500 g pumpkin. 1 ts sugar. 1/2 ts salt.

Oatmeal Kissel

Description

Oatmeal Kissel sounds original and even unusual, but will be the perfect dish for breakfast and dinner.

Method

Put oatmeal flour in a pan and pour over warm water and stir thoroughly so there are not any lumps. Leave to swell for 6–8 hours, then add honey and salt to taste and cook on low heat, stirring regularly until dense. Pour hot kissel into molds and leave to congeal. Serve with cold milk.

Ingredients 2 c oatmeal flour. 2 tb honey. 8 c water. salt to taste.

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Dating Russian Women: The Crazy Thing OR A Wonderful Opportunity?

By Elena Petrova

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My site is on the top of many search engines for the search query "Russian brides", and as the result I receive lots of requests for interviews from journalists all over the world, and the question they invariably ask is: "Why western men look for Russian women?"

So let me once and forever explain you the reason why thousands western men flock to Russia in search for their love partner.

The answer is benevolently straightforward: they can meet in Russia a partner of better quality than is

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available for them at home!

They are NOT looking for a *Russian* woman - they are looking for a *better quality* woman!

But why it is possible?

I know what you think: you think it is because Russian women are desperate to escape from Russia.

Well, such thinking is pure ignorance.

Check the websites of American expatriates living in Russia (yes, there is a huge community of Americans permanently living in Russia, with their own newspapers and websites!) and you will confirm what I am saying: women who seek partners abroad do it because they want to meet a suitable partner that they failed to meet at home. They are not looking to immigrate. They are looking to find their love!

Hard to believe?

Read on, I will explain.

The fundamental reason for that lies in Russian demographics.

You know that men to women ratios differ dramatically between the countries.

For example, the latest figures from The Economist show that in United Arab Emirates there are 186 males for 100 females. It's clear the competition for eligible females should be stiff there. If you are a single male, The Emirates will be the last place in the world to look for an available woman – unless you live there, of course.

Now, what is the best place for a single male to score?

Let's look at the world statistics again.

The lowest men to women ratios are in Eastern Europe!

Countries like Russia and Ukraine are on the top of the list, with only 88 males to 100 females. The latest Russian census provided astounding figures of 10 million more women than men.

There the situation is exactly the opposite way around: eligible bachelors are more precious than gold.

So if you were a single male, exploring your dating options in Russia would make the perfect sense!

One wise man said: "Craziness is to do the same thing expecting a different result."

If you ever grow tired of your local dating market, or would like to expand your opportunities, check Russia: you will be amazed what kind of women can be available for you there!

Elena Petrova is well known in the Russian dating industry by her website Russian Brides Cyber

Guide(<http://www.womenrussia.com>), which is an informational source about Russia and Russian women. She holds master's degree in philosophy and authored several highly successful books about Internet dating. Get your FREE copy of "9 Simple Rules For Dating Russian Women" – send blank email to freedatingbook@getresponse.com

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