

Healing Recipes From Russia

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Carrot Salad

To prepare fabulous salads you need two things:

An openness to new ideas and a love to experiment.



Ingredients:

Carrots
Chili Pepper
Walnuts
Lemon
Cilantro
Vegetable Oil
Salt Pepper

For this recipe, simply clean and beautifully cut the carrots into long thin strips.

Add some crushed chili pepper, remove the seeds before adding to sliced carrots.

Mix the chili pepper and carrot strips with salt and pepper to taste.

Heat the pan over medium heat.

Add some vegetable oil to the pan.

Add some crushed walnuts and squeeze a half of a lemon to the mix.

Quickly toss the carrot mixture into this warm dressing and then remove to serving platter.

Garnish with fresh cilantro.

Russian Borscht

Ingredients:

1000g beet
600g cabbage
200g carrots
50g parsley
200g onions
150g tomato paste
100g sour cream
bay leaf, pepper, fresh herbs

Cooking: Stew sliced beet in a covered pan with addition of fat, tomato paste, and a little bit of sugar.



To preserve the beet color (depending on its condition) add 2-3g of vinegar. To prevent beet from burning, stir it adding broth or water as required. Stew the beet first at high heat and when the beet starts boiling and drowns, reduce the heat and keep at a slow boil. Stew ripe beet 30-40 minutes, and young 10-15 minutes.

Simmer sliced carrots and onions in melted butter or sunflower oil. Then put fresh cabbage in a pan with boiling water, bring it to boil and then add the stewed beet.

Add carrots and onions. Add peeled and crushed tomatoes and cook 20-30 minutes. Approx. 5-10 minutes before the end, add spices (bay leaf, pepper) and salt..

To give the borscht the necessary color, prepare beet brew. For this, you finely slice or grate thoroughly rinsed beets, put them in a hot broth (1L/500g beets), add vinegar, bring to boil.

Then leave the brew to rest 15-20 minutes at the side of the cooker and filter it. Add one table spoon of the brine to each plate before serving or pour the necessary amount into the pan. Then leave the brew to rest 15-20 minutes at the side of the cooker and filter it. Add one tablespoon of the brine to each plate before serving or pour the necessary amount into the pan.

Add sour creme. I also like to sprinkle fresh shredded dill and parsley into the plate for decoration and presentation.

Ukrainian Borscht

The difference is in using beef or chicken broth with pretty much the same ingredients, you may add potatoes and put sliced garlic at the end of cooking.

Russian Salad

Ingredients:

2 average beets boiled
4 potatoes boiled
3 pickled cucumbers
2 carrots boiled
100 g green peas
mayonnaise
salt to taste

Boil all vegetables.

Let them cool down and then peel.

Chop beets, potatoes, cucumbers, carrots. You may add fresh cucumbers as well if you desire. Add green peas. Season with vegetable oil or mayonnaise. Add salt to your taste.

I like to garnish with chopped dill.



Baked Mushrooms With Sour Cream And Cheese

Ingredients:

500 g Mushrooms
250 g Sour Cream
150 g Cheese
3 Pieces of Onion
Vegetable Oil
Salt
Pepper

Preparation:

Rinse the Mushrooms.

Finely chop the Onions.

Heat the pan with vegetable oil.

Fry the onions until golden brown.

Sautee mushrooms.

Stir fried onions and mushrooms.

Add sour cream, salt and pepper.

Mix well.

Sprinkle with grated cheese and bake in the oven.

Bake at 180 degrees for 10-15 minutes



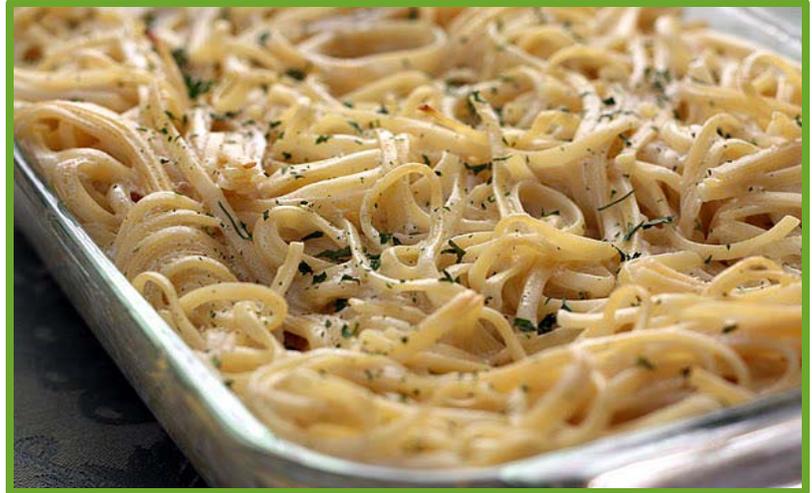
Spaghetti With Lemon And Garlic

Ingredients

400 g Spaghetti
2 Lemons
2-3 Garlic Cloves
400 g Low fat Cream
Olive Oil
Cheddar or Parmesan Cheese
Coriander
Parsley
Salt

Preparation:

Boil the spaghetti in a large saucepan for 4 minutes.



Every 100 g of pasta needs 1 liter of water.

Put a skillet on the stove and add a little oil and garlic.

Pour on the lemon juice and stir. .

Add sour cream and cream and mix together.

When the spaghetti is ready, lay out into a long bake dish.

Cover with the sauce. Cover dish with foil.

Place into a 180 degree preheated oven for 10 minutes.

Remove foil and return to oven for another 10 minutes.

When you remove the dish, sprinkle with cheese, coriander, parsley and then squeeze with lemon juice.

Salad "Olivie"

I would like to share this "very Russian" recipe with you. In my home country, this is traditionally a mandatory salad for any kind of celebration.

Ingredients:

1 whole chicken breast, poached, boned, and skinned, or 1/2 pound lean cooked veal
1 pound all-purpose potatoes, boiled in their skins and peeled
2 medium Cucumbers
1 cup cooked fresh or frozen peas
1 medium onion, finely chopped
1 cup Mayonnaise
2 hard-boiled eggs, peeled and quartered
8 large black Greek olives
8 sprigs parsley



Directions:

Cut the cooked chicken and potatoes into 1/2-inch cubes. Peel the cucumbers and also cut into 1/2-inch cubes. In a large bowl combine the meat, potatoes, cucumbers, green peas, and onion. Add the mayonnaise or half mayonnaise and sour cream and mix gently, so those ingredients are not mashed.

Refrigerate the salad until serving time (but for no longer than 4 hours).

Strawberry Salsa

Strawberries - are useful. As psychologists suggest, 7-10 berries and your mood is instantly improved dramatically. Strawberries have many uses other than dessert. In this recipe, I am sharing a salsa recipe for your enjoyment.

A traditional Russian cheese called Suluguni goes very well with this recipe.

Ingredients

1 Basket of Strawberries
Chopped Chili Pepper
Onion
Lemon Juice
Olive Oil
Cilantro
2 Eggs
Breadcrumbs
Mint Leaves

Preparation

Thinly slice the strawberries.

Finely chop the chili pepper and onion.

Squeeze lemon juice on pepper and onion and add 2 tablespoons of olive oil.

Within five minutes the chili becomes less hot but the spicy flavor remains.

Add cilantro and mix.

Cut the cheese slices (again, I suggest suluguni) 0.5 cm thick.

In a bowl, beat eggs.

In another bowl place breadcrumbs.

Each piece of cheese is then placed into the egg bowl, then into breadcrumbs.

Place breaded cheese into a hot skillet and fry.

On each plate put on 3 golden slices of cheese, top with the strawberry salsa and mint leaves for garnish.



Fried Cod

Ingredients

.5 kg of Cod
2 Eggs
1 Lemon
1 cup Vegetable Oil
½ cup Flour
Caraway Seeds
Cumin
Paprika
Chili Pepper
Garlic
Olive Oil
Fresh Herbs



Preparation

Cut the fish into serving size pieces.

Season the cod with salt and sprinkle with caraway, cumin, paprika, chili pepper, garlic and grated lemon peel.

Add the juice of one lemon.

Leave the fish in this marinade for 15 minutes.

Then dry off each piece of fish.

Dip the marinated cod into beaten egg and then into the flour.

Heat the oil in the frying pan and fry over medium heat until golden brown on both sides.

To prepare the sauce, use the remaining marinade and heat to a boil.

Cover the fried cod with the boiled marinade and sprinkle with fresh herbs.

Author Bio:

Holistic Wealth Expert ♦ Entrepreneur ♦ Medical Doctor ♦ PhD ♦ Ophthalmologist ♦ Bio-Engineer ♦ ARIIX Leader ♦ Inventor ♦ Published Author ♦ Theta Healing Practitioner

Being a medical doctor has always been crucial for me to treat not the symptoms but the individual.

It is easier to prevent the disease than to treat it, that is why prevention should play tremendous role in medical practice.

I graduated from the Moscow State Medical University in the top 10% of my class.

I have 12 published articles, one of which was published in Great Britain.

3 publications on Self Growth.com

I have participated in World Health Organization meetings.

I am a Certified Advanced Theta Healing™ (Energy) Practitioner.

Theta Healing is an attainable miracle in our lives, a fast and easy way to make permanent, lasting and effective life changes.

I've always been fascinated with people with big heart, open mind, and no fear of reaching beyond. I've learned that these type of people don't come into my life by chance. So this is my responsibility to recognize them and join in, because being with them means a lot to me. It means functioning in high energy of abundance, caring , trust and love.

I partnered with highly ethical, professional, trustworthy entrepreneurs who created ARIIX- innovative company with a mission and vision to unleash the human potential for good.

ARIIX means "eternal wealth", and it symbolizes the "gold standard" for excellence in products and company as a whole.

I am excited for the opportunity to influence not only product options, but product development as well. And, as a member of the ARIIX Wellness Council, to be a part of the paradigm shift in the management of patient health and wellness in conventional medical practices.

A company that uses the best science, to produce the best products that I could talk about with utmost confidence. This philosophy is one I could embrace with a passion.

"Excellence is the result of caring more than others think is wise,
Risking more than others think is safe,
Dreaming more than others think is practical,
And expecting more than others think is possible!!!"

I look forward to connecting with you more at:

www.SecretsOfWellBeing.com

