

A rustic still life featuring two large glass jars of pickled vegetables, fresh tomatoes, cucumbers, and herbs on a wooden surface. The jars are covered with red and white checkered cloths. The background is a weathered wooden wall. The foreground is filled with fresh produce, including several bright red tomatoes, green cucumbers, and a bunch of fresh dill. A white onion and some black peppercorns are also visible.

MINUSINSK
WE COOK ACCORDING
TO OLD RECIPES OF OUR
GRANDMOTHERS



- Friends, in your hands are the most delicious booklet about Minusinsk. Minusinsk is the home land of Siberian gardening. Not for nothing in the literature of the XIX century Minusinsk and its lands were called «Siberian Italy» because of the favorable climate. Surprisingly, that watermelons and melons are ripping, apricots and grapes bear are fruiting in Siberia, and Minusinsk tomatoes are famous for their size and taste throughout Russia



THE APPETITE COMES DURING THE..... WINTER

Minusintsy make homemade pickles, marinades, jellies and jams according to traditional family recipes, which we will tell you about.

FRESH TOMATOES

Select ripe, whole tomatoes, wash and dry. Place on a baking sheet and place in a hot oven for a few minutes. As soon as the skin slightly bursts, remove and place carefully in pre-sterilized jars. Top with salt (depending on the number of tomatoes and the size of the jar). For three liters – 1 teaspoon. Sterilize for 30-40 minutes, roll up. Well stored at room temperature.

NATURAL RED TOMATOES

Red tomatoes can be preserved without vinegar, as they contain a sufficient amount of their acid. Select tomatoes with a good, even color, dense, without damage and approximately the same size. Cover the jars with lids and put them to warm up in a warm oven or a basin on a warm stove, keeping the tomatoes in hot water: liter jars for 10 – 15 minutes, three-liter jars for 20-25 minutes. Then roll up, and still hold under the «fur coat». For brine: 1 tablespoon of salt per 1 liter of water.



TOMATOES IN THEIR OWN JUICE

We select tomatoes of medium maturity. At the bottom of the steamed jar put pieces of horseradish, cherry leaf. We lay a jar of tomatoes «to the shoulders». We pass ripe tomatoes through a meat grinder, make juice-puree. Heat it almost to a boil. In this juice, put half a Cup of finely chopped garlic, 250 g (also through a meat grinder) of sweet pepper. For 2.5 liters of juice, put 3 tablespoons of salt, 4 tablespoons of sugar. Pour the hot mass of tomatoes in a jar. Sterilize as follows: three-liter jars– 15 minutes, liter jars-10 minutes.

TOMATOES WITH A BUNCH OF MOUNTAIN ASH

We will need 2 kg of tomatoes, half a kilogram of mountain ash, 1 liter of water, 100 g of sugar, 30 g of salt, and 50 g of Apple cider vinegar. Wash the tomatoes, prick them with a fork from the side of the stalk, and put them in a jar together with a bunch of mountain ash. Dissolve sugar and vinegar in water, boil the solution and make a three-time filling of vegetables in the jar. After the third filling, roll up the jar with an iron lid.

TOMATOES WITH ROSE PETALS, RANETKA

Brine: for 1 liter of water – 1 tablespoon with a hill of sugar, 1 tablespoon without a hill of salt. Put the tomatoes in a jar, shifting the bag and sprinkling with rose petals. The first fill – with boiling water, the second-with boiled brine. Add 1 teaspoon of vinegar essence. Roll up.

UNIVERSAL FILL

For 10 liters of water, take 7 cups of sugar, 1.5 cups of salt, 15 Bay leaves, 30 peas of black pepper, 10-15 cloves, 2 teaspoons with a mound of ground cinnamon. Boil, cool, and pour in one-third of a bottle of vinegar essence. This filling is good for both tomatoes and cabbage. It is well stored in the cellar under plastic covers.

KETCHUP

For 5 kg of tomatoes – 1 cup of chopped onion, 160-200 g of sugar, 30 g of salt, 1 cup of 9% vinegar, one teaspoon of black pepper, cloves, mustard seed, a piece of cinnamon, half a teaspoon of celery seeds. Tomatoes cut into slices and together with the chopped onion, steam under the lid. Rub through a sieve. The resulting juice is boiled in half. Put the spices in gauze bags and lower them into the boiling mass. Add salt, sugar, and vinegar and cook for another 5-7 minutes. Then remove the spices. Pour the finished ketchup into jars and seal.

SALAD WITH ONIONS.

Large tomatoes (ripe, but not soft) cut across in circles 1.5-2 cm thick. Cut onions into tight thin circles (across the onion), do not disassemble into rings. Put in half-liter or liter jars in layers: a circle of tomatoes - a circle of onions, and so on. Filling: 5 liters of water-a glass of salt, half a glass of sugar, 3-4 cloves, two or three sweet peas (pepper); when the water with spices boils – pour a tablespoon of vinegar essence and immediately turn off. Fill the jars with the contents of hot filling, roll up, wrap up. Stored in the refrigerator for 5-10 months.

ORIGINAL WINTER SALAD.

Pass 1 kg of tomatoes, 1 kg of sweet pepper, 5 pods of hot pepper, 0.5 kg of onion, 5 cloves of garlic through a meat grinder. Combine these products and simmer for 15 minutes in vegetable oil (100 g), adding 3 tablespoons of sugar, 2 tablespoons of salt, 2 teaspoons of vinegar, 1 teaspoon of mustard. Spread out in half-liter jars, sterilize for half an hour, roll up.

CICIBELA.

Pass 5 kg of tomatoes and two pods of bitter pepper through a meat grinder. Cook for 1 hour. Then add 1 kg of onion (chopped and fried in 1 cup of sunflower oil) and cook for 10-15 minutes. Then cut 7 sweet pepper pods into strips and add to the boiling mass. Cook for another 10 minutes. Then put a handful of chopped parsley and dill, 3 tablespoons with a mound of salt and 6 tablespoons of sugar-cook for 10 minutes. Turn off the heat; pour in 1 teaspoon of vinegar essence, and mix. Put them in sterilized jars and wrap them up.

We thank the editorial office of the newspaper «Power of labor», Minusinsk for recipes



PLUM JELLY

The most valuable jelly give renclod, mirabelle plums and prune. Ripe plums should be cut into halves, remove the seeds; boil in a water bath until completely soft and until they give juice. Add ½ cup of sugar to 1 pound of juice. Also prepared and jelly from renclod, only take less sugar (1 f*. juice - ¾ f. sugar). Plum juice in Germany is often mixed with turnip juice, which makes a very tasty and inexpensive jelly.

CHERRY JELLY

In General, the sourer the cherries, the faster and better the jelly turns out. Usually take sour cherries and sweet cherries in half, remove the seeds, boil, press through the canvas, and let the juice stand for several hours, then carefully drain from the sediment and filter. You can prepare the juice by pressing raw fruit. For 1 kg of juice, add 750 grams of sugar and cook until ready. To cherry juice, it is useful to add currant juice in the amount of 2 parts and currant juice in 1-3 parts of cherry juice. For a glass of this mixture, 1 tbsp. sugar is enough. Even better, if you take a mixture of 1 part sour cherries, 1 tsp. black cherries and 1 teaspoon red currant. Sugar is taken at the same time equal weight. Sometimes cherries are crushed with part of the seeds to give the jelly a piquant taste.

RASPBERRY JELLY

Of the varieties most suitable: Gornet, Belle Fontenay, Shaffer colossal, Greg, Forster, Franconia. The berries should be fully ripe and fresh. Overripe berries or those that have lain 1-2 days removed from the bushes are less suitable for jelly. Ripe berries are peeled and crushed into a cup. The pulp is placed on a hair sieve and the juice is decanted, which is allowed to stand for 1 hour, then drained from the sediment, filtered and mixed with an equal (by weight) amount of sugar, cooked until ready. You can take 2.5 f. juice 1-1. 5 f. sugar or 1 f. juice 3/5-3/4 f. sugar. If you take more sugar, the aroma of berries suffers. To make raspberry jelly more dense, add 1 teaspoon of red or white currant juice to 3 teaspoons of raspberry juice. You can also add Apple juice for better gelatinization (for 2 hours of raspberries, 1 hour of apples).

STRAWBERRY JELLY

It belongs to the low-use category. It is always prepared mixed with gooseberry juice. It is prepared as follows: fill three pounds of ripe strawberries with a glass of water and cook until the water gets the taste and smell of strawberries. Then filter through a frequent sieve and add $\frac{3}{4}$ f. filtered gooseberry juice and put up to 2 cups of sugar on each glass of the mixture.

FRUIT CHEESE.

Prepared: a well-boiled mass is placed on a wet napkin or canvas and, tied with a string in the form of a cheese shape, put under the yoke. After 2-3 days, the cheese will be ready, and then it is taken out from under the press, sprinkled with sugar and lightly dried on top in the oven. Canned fruit and berry products. Preparation of jelly, puree, jam, mousse, jam, marmalade and pata from fruits and berries.

APPLE, PEAR OR QUINCE MOUSSE

Some pears do not make a good mousse, because their flesh is stony; therefore, pears should usually be mixed with apples. A mousse is made from mashed or turned into mashed fruits. During boiling, it is useful to add spices to taste - cinnamon, cloves, orange and lemon zest, as well as hazelnuts, removed together with green pericarps (for 3 pounds of fruit, 6-8 nuts). For better taste and color, often add a little elderberry or blueberry juice (1/2 bottle for 3 pounds of fruit). Sugar is put in an amount of 1 f. to 5 f. purees and more, including if the fruit taken for the mousse was very sour. When preparing puree for apple mousse, in Germany, apples are boiled not in water, but in the juice of beets, carrots or turnips. Pear mousse hardens harder than apple and quince.

Recipes from the collection of the scientific library of the Minusinsk Museum of Local Lore named after N. M. Martyanov. Canned fruit and berry products. Preparation of jelly, puree, jam, mousse, jam, marmalade and pata from fruits and berries. Comp. N. And. Polovitskii. - St. Petersburg: P. P. Soikin Printing House, 1911

*f- measure of weight one pound equal to 0.409 g



IN MINUSINSK, THE APPETITE BUILDS ITSELF UP, SO WE HAVE COLLECTED FOR YOU PLACES WHERE YOU CAN EAT DELICIOUS FOOD

CAFE HYTORYANKA

There are home cooking, first and second courses, hot pastries.

**K1, 66, Oktyabrskaya Street,
Minusinsk.**

CAFE «PIZZA OF THE SUN»

The cafe's menu is very diverse: from the declared pizza, rolls and burgers to chicken breast in Italian and Thai «Tom Yam».

**66, Gogol Street
or 15, Narodnaya Street, Minusinsk.**

CAFE «BLINKOM»

Guests of the cafe are offered to treat themselves to pancakes with different fillings, for example, a sweet tooth will like pancakes with apple and cranberries, and those who like to eat a hearty meal - with chicken fillet, walnuts and cheese.

**16 A, Krasny Partizan Street
or 44, Abakanskaya Street,
Minusinsk.**

CAFE «KOLOSOK»

Famous cafe home cooking and reasonable prices, as well as delicious marshmallows in the pastry shop.

**56, Lenin Street,
Minusinsk.**

RESTAURANT «GOLDEN CASTLE»

The menu includes dishes of European and Eastern kitchen, pork and lamb skewers cooked on birch coals.

**16, Gagarin Street,
Minusinsk.**

DINING ROOM «RYABINUSHKA»

Here they praise dinners and home-made pastries, especially borscht and apple pies.

**36, Oktyabrskaya Street,
Minusinsk.**

SUSHI-BAR «SHAMBALA»

The name speaks for itself. Guests can enjoy rolls, pizza, burritos and quesadillas with different fillings.


**7b, Timiryazev Street,
Minusinsk.**

CAFE «TESLA».

We don't know if the cafe was named after a high-tech and eco-friendly car, but there guests will be served dishes of European, Asian and Italian food. The menu includes cold and hot dishes for any, as they say, taste and color.

**16 b, Kretov Street,
Minusinsk.**

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NOT FOR SALE