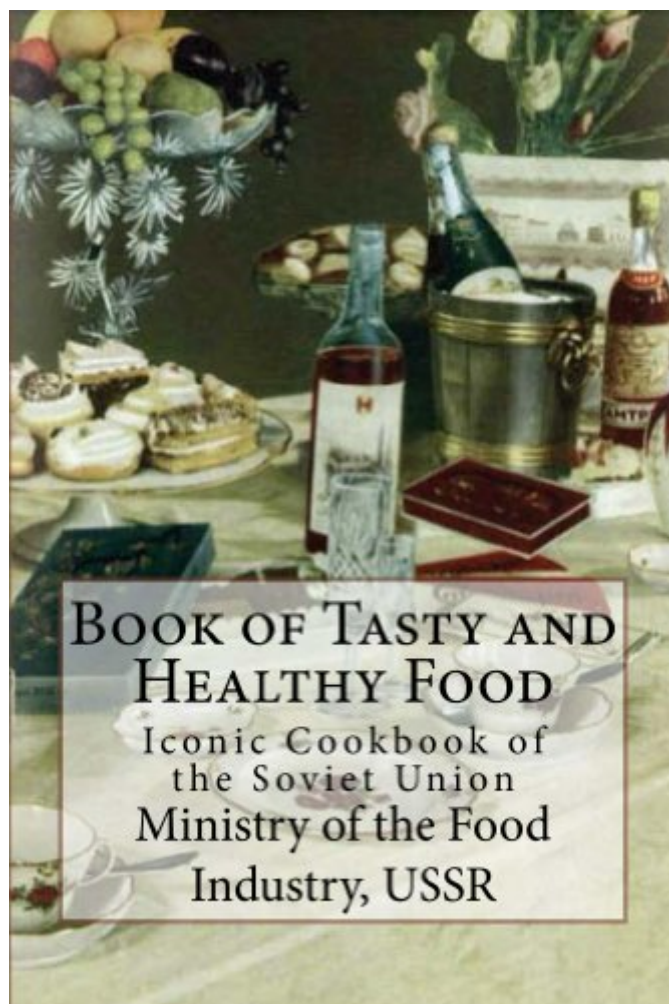


The book was found

# 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: 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: #78,415 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #3 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > European > Russian #7 in Books > Cookbooks, Food & Wine > Regional & International > European > Russian #13 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > International

## Customer Reviews

I am one who is very happy to see a translation of "Book of Tasty and Healthy Food: Iconic Cookbook of the Soviet Union," which in the Soviet Union was simply known as "The Book." This is the most important cookbook of the Soviet period, and arguably the third, or fourth, most important cookbook in Russian and Soviet History. Most people begin the history of Russian cookbooks with the Medieval morals tract "The Domostroi: Rules for Russian Households in the Time of Ivan the Terrible" (available on ) which had important things to say about food, food preparation and proper

diet in an Orthodox Christian society. In the 19th century, Elena Molokhovets defined the current Russian cuisine for upper middle class households with the book wonderfully translated and researched by Joyce Toomre: "Classic Russian Cooking: Elena Molokhovets' "A Gift to Young Housewives" (also available on )."Book of Tasty and Healthy Food: Iconic Cookbook of the Soviet Union" was intended to define Soviet cookery with some very specific goals in mind: 1) that the food be nutritious, 2) that cooking time was to be to me minimized, so as to free women from the "drudgery" of the kitchen, 3) to set standards, and promote public eateries (again, to ensure liberation from the kitchen), 3) to define an overall national cuisine for the Soviet Union. The Soviets deeply admired American industrialized agriculture and food production, and attempted to imitate them. Russia and the Soviet Union were/is an enormously complex country with over 100 nationalities and languages within its borders. Each of these groups has its own cuisine. "The Book" reflected many of the major cuisines, and combined them into a generalized culinary culture.

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, 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

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

Book of Tasty and Healthy Food DIY Baby Food: The Fastest, Easiest And Most Healthy DIY Baby Food Recipes (Homemade Baby Food - All Natural - Organic Recipes - Healthy Infants) ORGANIC COOKBOOK: Healthy And Delicious Baby Food Recipes Which Are Nutritious And Easy To Cook (organic food, food recipes, nutritious food) 100 Exotic Food Recipes (Puerto Rican Food

Recipes, Picnic Food Recipes, Caribbean Food Recipes, Food Processor Recipes,) Salting and Pickling for Dummies: 30 Tasty and Easy Salting and Pickling Recipes: (Pickles Recipe, Homemade Pickles) (Food In Jars, Pickled Food) Island Style Cookbook: Guam's Favorite Soups, Tasty Guam Recipes, Wonderful Chamorro Island Food, Exotic Guam Cookbook Of Soups, Enjoy Awesome Chamorro Guam Food From This Island Cookbook Recipe Book: The Best Food Recipes That Are Delicious, Healthy, Great For Energy And Easy To Make (Healthy Cooking, Easy and Healthy Recipes, Recipe Cookbooks) Homemade Healthy Dog Food Food Recipes (Because Your Dog Deserves The Best All Natural Dog Food and Health Dog Recipes!) Slow Cooker Thanksgiving: 21 Recipe for a Perfect Holiday (Healthy Recipes, Crock Pot Recipes, Slow Cooker Recipes, Caveman Diet, Stone Age Food, Clean Food, Holiday Food) Homemade Baby Food: 17 Wholesome Baby Food Recipes for Easy, Nutritious, and Delicious Homemade Baby Food (How to Make Baby Food) Pressure Cooker Cookbook: 370 Quick, Easy, and Healthy Pressure Cooker Recipes for Amazingly Tasty and Nourishing Meals (Pressure Cooker, Electric Pressure Cooker Cookbook) Low Carb Dump Meals: 30 Tasty, Easy and Healthy Dump Dinner Recipes You Won't Believe Are Actually Low Carb: Low Carb Dump Meal Recipes For Weight Loss, Energy and Vibrant Health (Clean Eating) 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) Raw Food: Lazy Man's Guide To Raw Food Success (raw food, raw vegan, raw food diet, raw vegan diet, 801010, 801010 diet,) A Collection of the Best Sweet Potato Recipes: Tasty and Healthy Sweet Potato Recipes Mediterranean Diet: A Beginners Guide with The Most Tasty and Healthy Recipes for Weight Loss (Cookbook, For Beginners, Recipes, Meal Plan) The Ultimate Student Cookbook: Cheap, Fun, Easy, Tasty Food Thrive Vegan: Top 100 High Protein Recipes To Whip Up Tasty Meals With Simple Ingredients (Good Food Series) Vegan Recipes Cookbook - Top 200 Vegan Recipes: (Healthy Vegan Food, Weight Loss, Vegan Book, Vegan Diet, Green Food, Dinner, Lunch, Breakfast and Snacks) Food Politics: How the Food Industry Influences Nutrition and Health (California Studies in Food and Culture Book 3)

[Dmca](#)