

# Russian Life BOOKS

## A Taste of Russia

*The leading cookbook of Russian cuisine is released in a new, 30th Anniversary Edition*

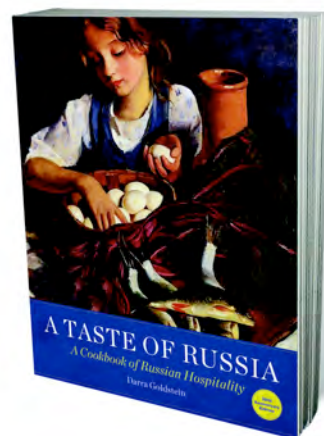
MONTPELIER, VT (11/1/12) – *Russian Life* announces the release of the new, 30th Anniversary Edition of the bestselling cookbook *A Taste of Russia*, by Darra Goldstein, an award-winning cookbook author and founding editor of the respected food journal *Gastronomica*.

First published in 1983, *A Taste of Russia* has, over the past 30 years, introduced tens of thousands of Americans to Russian cuisine through superbly researched recipes layered with informative essays on the dishes' rich historical and cultural context. This brand-new edition includes over a dozen new recipes, updated essays, and a fresh, modern design.

“We’re really excited about the new edition,” says Publisher Paul Richardson. “For over a decade, *A Taste of Russia* has been a consistently strong-selling title, bringing the joy of Russian cooking to countless Americans. We expect this edition to last at least through the coming decade, all the more so that it will also soon appear in a digital, iBook edition.”

Despite a culinary boom in Russia over the past decade, Russian food has yet to be truly discovered by America’s foodies. This *A Taste of Russia* shows how Russian cuisine takes advantage of the sort of natural, wholesome ingredients that are gaining ground among devotees of organic and local food.

“Russians have always eaten seasonally, and foraging is deeply embedded in their culture,” Goldstein notes. “Russian cuisine reflects a close connection to nature even as many of its classic dishes display the extravagant influence of French haute cuisine.”



# # #

# Russian Life BOOKS

## TITLE INFORMATION

***A Taste of Russia***

Thirtieth Anniversary Edition

By Darra Goldstein

**ISBN 978-1-880100-67-7 (paperback)**

**Price:** \$25

**On sale date:** November 15, 2012

Original publication: 1983 (Random House)

Second edition: 1999 (Russian Life Books)

Third edition: 2012 (Russian Life Books)

Available online via **russianlife.com** and **amazon.com**  
And at fine bookstores nationwide.

**About the Author:** Darra Goldstein is the author of four cookbooks: *A Taste of Russia*, *The Georgian Feast* (winner of the IACP Julia Child Award for cookbook of the year), *The Winter Vegetarian*, and *Baking Boot Camp at the CIA*. She is founding editor of the quarterly magazine *Gastronomica: The Journal of Food and Culture* (2012 James Beard Foundation Award for Publication of the Year), series editor of *California Studies in Food and Culture* from University of California Press, and food editor at *Russian Life* magazine. Goldstein is the Willcox and Harriet Adsit Professor of Russian at Williams College and is widely considered to be a leading authority on Russian cooking and culinary arts. Her website is at [darragoldstein.com](http://darragoldstein.com).

**Interview contacts:**

Darra Goldstein, author: [darra.goldstein@williams.edu](mailto:darra.goldstein@williams.edu)

Paul Richardson, Publisher: [paulr@russianlife.com](mailto:paulr@russianlife.com) (802-223-4955)

“Goldstein... manages to make Russian cuisine dance. It’s hard to imagine anything that might have been left out of this delightfully comprehensive collection.”

— *Publishers Weekly*

“The imaginative range of the selection would be enlightening in itself even without the multitudinous snippets from Chekhov, Gogol and Oblomov. First rate.”

— *Kirkus Reviews*

“This is simply the best and most complete book on Russian cooking in English.”

— Suzanne Massie

# Russian Life BOOKS

## Seven Myths About Russian Cuisine

- **It's just meat and potatoes.** Nothing could be further from the truth. In fact, a typical Russian feast starts with a table brimming with salads made from fresh vegetables, pickled foods, cheeses and smoked fish.
- **It's heavy.** Only if you want it to be. A well-prepared Russian meal draws on a wide range of fresh dairy, fish, and garden-grown products. It can be very rich, yes, but rich does not have to equal heavy.
- **It's fattening.** Not so. Russian cuisine emphasizes whole foods, whether grain, dairy or vegetables.
- **It's just an excuse to drink vodka.** Vodka is the national drink and for hundreds of years has been an integral part of the Russian dining experience (especially the rich array of infused vodkas), but that doesn't mean it should be taken to excess. Vodka, by the way, is especially compatible with the preserved foods that are so central to Russian cuisine.
- **It's too time-consuming. Fine for the Russian Tea Room. But for my home?!** Unless you decide to labor for hours over a perfect coulibiac, home-style Russian cooking doesn't take very much time at all. Soups can simmer on their own for hours, while fresh salads can be prepared in a flash.
- **It's little more than 101 Ways to Cook Cabbage.** Yes, cabbage, served fresh, preserved and cooked, has a strong supporting role on the Russian table, but it never steals the scene. Russian cuisine is anything but monochromatic.
- **It doesn't offer any good desserts.** Well, the proof is in the kasha, and if you've ever had Guriev kasha, you know Russians love creamy deserts, airy tortes and flaky pies. *A Taste of Russia* includes over three-dozen mouth-watering dessert recipes.