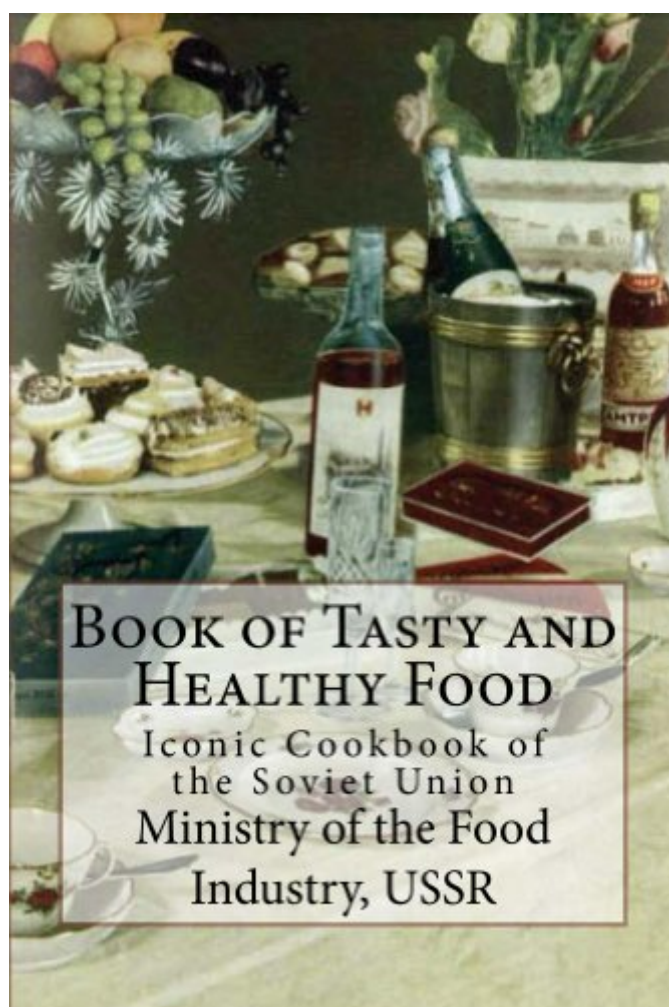


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# Book Of Tasty And Healthy Food



## 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

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## 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

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