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# Mamushka: Recipes From Ukraine And Eastern Europe



## Synopsis

A celebration of the food, flavors, and heritage of Eastern Europeâfrom the Black Sea to Baku, Kiev to KazakhstanâMamushkaÂfeatures over 100 recipes for fresh, delicious, and unexpected dishes from this dynamic yet underappreciated region.ÂOlia Hercules was born in Ukraine and lived in Cyprus for several years before moving to London and becoming a chef. In this gorgeous and deeply personal cookbook, she shares her favorite recipes from her home country with engaging and loving stories about her culinary upbringing and family traditions.ÂFeaturing personality and panache, Mamushka showcases the cuisine from Ukraine and beyond, weaving together vibrant food with descriptive narratives and stunning lifestyle photography. From broths and soups to breads and pastries, vegetables and salads to meat and fish, dumplings and noodles to compotes and jams. Youâll also find some of Oliaâs favorite dishes, like a Moldovan giant cheese twist and garlicky poussins, to sublime desserts such as apricot and sour cherry pie and a birthday sponge cake with ice cream, strawberries, and meringue. Including new flavor combinations, vibrant colors, seasonal ingredients and straightforward cooking techniques, Mamushkaâs earthy dishes appeal to home chefs everywhere. Join Olia on this delicious and diverse culinary tour through Eastern Europe.

## Book Information

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## Customer Reviews

âThe food of Ukraine in particular (and Eastern Europe in general) is given beautiful treatment in this comprehensive volume, chock full of the flavors of the region, with just enough of a seasonal twist to keep very old recipes feeling surprisingly fresh.â (Eater)â âa gorgeous love letter to the

food of her homeland that definitively proves thereâ€™s more to the Ukraine than borscht and potato dumplings.â€• (SAVEUR Magazine)â€œForget what you think you know about Ukrainian food; with Olia Hercules, it's fun and colorful.â€• (Epicurious)"Hercules captures classic Ukrainian dishes, which her family faithfully tended to through the generations...Each appears with the story of how the recipe came to her."

<http://www.tastingtable.com/cook/national/ukrainian-stuffed-cabbage-recipe-olia-hercules-mamushka-a-cookbook> (Tasting Table)â€œIn this cookbook, [Hercules] sets the record straight, offering dozens of recipes that illustrate the culinary depth and breadth of Ukraine and Eastern Europeâ€• | Artfully photographed and buoyed by Herculesâ€™ enthusiasm for the region and culture, this is a thoughtful and welcome diversion for foodies of all tastes.â€• (Publisherâ€™s Weekly)"The garlicky Georgian poussins I revere and will be eating again and againâ€• | Served with cheesy Moldovan lazy flatbreads and beet and gherkin salad, this food is pretty extraordinary.â€• (New York Times)â€œIn the era of all things Sichuan-blasted and bacon-infused, this lovely Ukrainian cookbook is a breath of fresh air. Sections on homemade dumplings and breads are delightful, and simple soups like duck and sorrel or mushroom with buckwheat look downright healthful.â€• (NPR)

Olia Hercules was born in Ukraine and lived in Cyprus for 5 years before moving to London to study a BA in Italian language, followed by an MA in Russian and English. She then decided to train as a chef at Leithâ€™s School of Food and Wine. She kicked off her culinary career working at Londonâ€™s Union Market before becoming chef-de-partie for Ottolenghiâ€™s. She has since gained national and international recognition for her culinary prowess and engaging personality and is a highly regarded chef, food stylist, and writer. Olia has appeared on The Food Network, launched an online startup (The Recipe Kit), and contributes articles and video to the Guardian, which recently named her a Rising Star of 2015. Find out more about Olia at [oliahercules.com](http://oliahercules.com).

<https://www.facebook.com/weldonowen/videos/vb.199482563425798/1023404891033557/?type=2&theater>

This is a well written and beautifully photographed cookbook, but in addition to being pleasurable to read and lovely to look at it contains fabulous recipes. The food is authentic, but approachable and the flavors are unbeatable. So far I've made her recipe for red borsch, the chicken soup, the porcini soup, Varenyky, Manty, (both dumplings) wasp nest buns, the Moldovan flatbreads and Pampushky (both breads: one flat and one yeasted). All of them turned out amazing and are on their way to becoming classic favorites in our household. Olia Hercules herself is a wonderful, warm lover of

food and her connection to these recipes comes across in this book. It is clear that this, for her, was a labor of love. If you grew up eating food from any of the regions she represents in Mamushka, if you are an adventurous cook, if you are a lover of good food and good recipes----buy this book! I've gotten copies for many friends and family members so far. It's really an amazing text and deserves its place at the top of all of the "Best of 2015" cookbook lists this past year.

Finding a cookbook that reflects the recipes I remember from my childhood in Ukraine has been a huge challenge. It's tricky because I wasn't looking for an authentic Ukrainian cookbook and I wasn't looking for an eclectic Soviet cookbook (although Please to the Table is a huge and wonderful compilation if that's what you want). I wanted something that does a bit of both, and specifically, I wanted something that had reliable measurements for traditional doughs. Do you know how impossible it is to find a recipe for dough like grandma used to make when grandmas never write their recipes down AND there's a language barrier AND you grew up using imperial units and making pretty much exclusively baking-soda leavened sheet cakes? It was nigh impossible, until I found Mamushka. It's worth it for those alone. But it has more: recipes for fermented vegetables, seasonal dishes from Ukraine, and a smattering of recipes that reflect the cuisine of other ethnic groups that made their way into Ukrainian kitchens by way of history and Soviet osmosis. This is the authentic Ukrainian cooking I recognize and what I've been looking for for years. It's a beautiful book, lovingly put together and wonderful to read. I'm so happy to have finally found this book.

The recipes in this book are so simple with very few ingredients, but are so delicious! It's so wonderful to read the personal stories that go along with them, thank you, Olia!

Wonderful recipes - you just feel like you are getting authentic local recipes -- I think this is going to be one of my more widely used cookbooks

a wonderful book: heart warming and culturally so informative.....the recipes are delicious and easy to cook...Bravo, Olia....I hope that there will be more to read from her,Liliane

Every recipe I wished I knew enough Ukrainian to understand when I was in country nearly 20 years ago. Each recipe was a joyous trip down memory lane.

I was a Peace Corps Volunteer in Ukraine, and it was really where I learned to cook. I've always

wanted a cookbook to help me remember all the amazing recipes I learned, and to recreate some of the dishes I never learn to make myself. I've been disappointed in the past, but this book nailed it! She fancies up some of the recipes- any of the recipes that usually contained pork she used beef, and goat cheese in the deruny when tvorog will do just fine? There are also a few of the classics that aren't included- I'd have loved a recipe for ukha (fish soup) and jarkoe (slow cooked chicken stew-y heaven). But what's here far far far far outweighs what's missing. Varenyki and holubtsi, heaven! I can't wait to try making one of my favorites that I've never made myself: egg/onion pirozhki- the train trip staple! Even better, the photographs and text have captured Ukraine as I carry it in my memories. The incredibly produce, flowered cooking pots and jars of pickles, and most of all Ukrainian women with their incredibly strong hands making the most satisfying, delicious food from the simplest of ingredients. Dyakuyu i Spacibo bolshoe, Olia!

Superb, the stories and tone of the book make it great just to read, the photography is wonderful and will send you to the kitchen to recreate the images and the recipes have been fantastic and delicious so far!

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