Contents

| Series Foreword by Ken Albala | ix |
|--|------|
| Acknowledgments | xi |
| Preface | xiii |
| Introduction: Russian and Central Asian Culinary Culture | xvii |
| Timeline | xxxi |
| 1. Russia Historical Overview | 1 |
| 2. Central Asia Historical Overview | 37 |
| 3. Major Foods and Ingredients | 67 |
| 4. Cooking | 105 |
| 5. Typical Meals | 117 |
| 6. Eating Out | 133 |
| 7. Special Occasions | 157 |
| 8. Diet and Health | 185 |
| Glossary | 199 |
| Resource Guide | 203 |
| Selected Bibliography | 213 |
| Index | 217 |