

Russian people have many rites, but we will discuss only some of them. The main rites are: the House-Warming, the Wedding, and the Birth of a Child.

The Russian Wedding

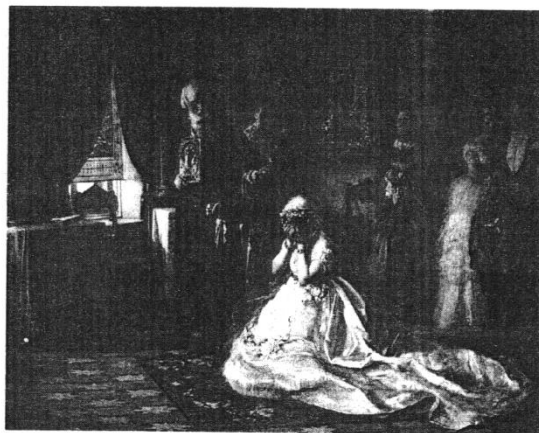
Weddings were usually held in autumn (in October) and in winter before Lent, up to Shrovetide. The whole ritual of the Russian Wedding can be divided into three parts: the period before the wedding, the wedding, and the period after the wedding.

Wedding — marriage ceremony and festivities connected with it.

The main rites of the wedding:

- the bridegroom sent a match-maker to the bride's parents
- the parents of the bridegroom visit the parents of the bride and have a talk
- the bride-show, where the bride shows what she has made before getting engaged
- "sgovor" (the reaching of an agreement about future wedding)
- the pre-wedding period usually ended in a devichnik (a girl-friend's party) or the bridegroom's party. The participants of the party were: **Druzhka** (a man who knew the ritual of the wedding ceremony well); **tysyatsky** (an honoured member of the bridegroom's family or Godfather, the boyars (noblemen) — other relatives)

- the bridegroom will not get the bride unless he pays ransom for her
- the newly-weds have to kiss in public when their guests propose a toast and cry "Gorko!" ("Bitter!"). This means that they would like the newly-weds to kiss, and they pretend they can't drink the wine without sweetening it with the kiss.

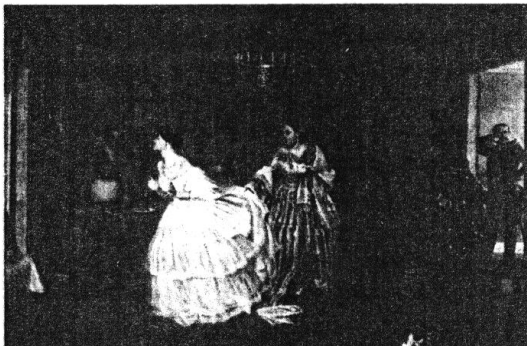


"Before the Wedding" by F. Zhuravlev (1874)

A Russian proverb about a wife:

A wife is not a bast shoe: you cannot throw her off your foot.

- according to the Russian tradition, the bride must cry even if she loves her bridegroom. Russian wedding laments are very poetic
- after the wedding, the bride could no longer wear her hair uncovered
- the Russians have a lot of ritual wedding songs
- the bride and bridegroom ride to church in separate carriages. After the marriage ceremony in church, the newly-weds go home in one carriage



“The Major’s Courtship” by P.Fedotov

- the parents of the newly-weds meet them at home with bread and salt and an icon, and they bless the newly-weds
- now we have a new set of wedding rituals. There are a lot of “wedding” palaces in our country. The newly-weds are congratulated by the city administration, then they visit the places of interest of their city, pay their tribute to those who perished in war, visiting the Eternal Fire. Some of the newly-weds have a marriage ceremony in church. Nowadays not all the Russians follow these rites.

House-Warming

Moving to a new house is accompanied by special rituals. People used to make a cat be the first to enter the house, because they believed they would die very soon if someone was the first to enter a new house. A House-Warming party is celebrated when they move into the new flat. The guests bring presents to the owners of a flat.

The Birth of a Child

In old Russia, a woman from a village gave birth to her child in a banya. Now childbirth usually takes place in a maternity home. When the young mother is leaving the maternity home, her relatives give presents to the doctor and the nurse. The young mother would also get presents from her friends and her colleagues.

The young parents choose the Godfather

and the Godmother. The children would call their God-parents: “kryostny” and “kryostnaya”. During the Soviet period a lot of children were not christened. Nowadays, people try to restore Christian traditions. Most of the Russian names are Greek or Roman in origin. Parents giving names to their children preferred the names of the Saints on whose days their children were born.

VOCABULARY

solemn ['sɒləm] — *a* торжественный

rite [raɪt] — *n* обряд, церемония

House-Warming ['haʊs ,wɔ:miŋ] — *n*
Новоселье

Wedding ['wedɪŋ] — *n* свадьба

the Birth of a Child — рождение ребенка

marriage ceremony ['mæɪdʒ 'serɪməni] —
n венчание

newly-weds — новобрачные

bride — *n* невеста

bridegroom ['braɪdgrʊm] — *n* жених

ransom ['rænsəm] — *n* выкуп

dowry ['daʊəri] — *n* приданое

bride-show — *n* смотрины

sgovor — *n* сговор

devichnik — *n* девичник, вечеринка для девушек

lament [lə'ment] — *n* причитание

druzhka — «дружка» — *n* свидетель жениха
(невесты)

tysyatsky — «тысяцкий» — уважаемый человек

maternity house — *n* роддом

Godfather — *n* крёстный

Godmother — *n* крёстная

restore — *v* восстанавливать

prefer — *v* предпочитать

QUIZ

Answer the questions:

1. When do the parents of the bridegroom say: “You have got goods for sale and we have the buyer?” What does it mean?

2. What do you know about the dowry of the girls? What does it consist of?

3. What does the Russian word “opros-tovolositsya” mean?

4. When do the people celebrate “Novo-syeliye” (House-Warming)?

5. How do they call the day of name giving to their child?

THE RUSSIAN SPIRIT-MASTERS

Domovoy - Brownie (dom means house) is the spirit-master of the house and the household. He looks like an old man with a beard, he wears a shaggy hat with a leather whip in his hand. It can live on the stove or in the cellar, or in the corner of the house.

Kikimora - Nightmare (a female spirit) She looks like an ordinary, ugly, untidy old woman, and has a limp. There are a lot of images of Kikimora. Her major occupation is spinning.

Vodyanoy-Water-Sprite — is a manlike creature, lives in the water; he looks like an old male, tall, and with a dark face. He is covered with grey or black hair. He has a lot of images. He is the owner of water areas. Sometimes he takes swimmers as sacrifices.

Leshiy-Wood-Goblin — the woodland spirit-master; he can assume any appearance: an animal, a bird or a tree. He is a master of the forests, woods, etc.

Mermaids — in literature, they are beautiful, naked girls. They live in the water. They like to dance, laugh and play.

But they can cause evil because they live in the world of the dead. People thought that mermaids were girls who had drowned themselves.

There are many spirit-masters in Russian Folk Mythology; we have learned about only some of them.

VOCABULARY

spirit-master ['spɪt 'ma:stə] — главный дух дома

household ['haʊshəʊld] — *n* семья, домашнее хозяйство

shaggy ['ʃæɡɪ] — *a* косматый, волосатый

whip [wɪp] — 1. *n* кнут, хлыст; 2. *v* хлестать

cellar ['selə] — *n* подвал

limp [lɪmp] — 1. *n* хромота; 2. *v* прихрамывать

spinning ['spɪnɪŋ] — *n* кружение, прядение

sacrifice ['sækrɪfaɪs] — *n* жертва, жертвоприношение

assume [ə 'sjʊ:m] — *v* принимать

naked ['neɪkɪd] — *a* голый, обнаженный

mermaid ['mɜ:meɪd] — *n* русалка, сирена

wood-goblin ['wʊd 'ɡɒblɪn] — *n* леший

goblin ['ɡɒblɪn] — *n* домовый

brownie ['braʊni] — *n* домовая

nightmare ['naɪtmɛə] — *n* кикимора

water-sprite ['wɔ:tə 'sprɪt] — *n* водяной

RUSSIAN COSTUMES

Clothes can tell us about the people who wear them: about their class, their rank, their job, their country. Now one can see traditional Russian costumes in museums or during Russian village holidays.

Sewn over hundred years ago, the costumes have been kept as family heirlooms by a number of generations of villagers. Some folklore ensembles use Russian costumes for their performance. The costume showed the differentiation between people of different social positions. Their

costumes reveal their conception of the world and their way of life. The Russian costume was richly decorated, and specific cloth and colours were used. Each region had its own kind of costume. The men's costumes include: a shirt with a slanted cut to the collar (с косым разрезом ворот), narrow pants, belts, hats and boots. The women's costumes include: a long-sleeved shirt, a sarafan, a short jacket (called "dushegreya"), a kokoshnik (head-dress) and short boots.



“A Family” by A. P. Ryabushkin (1896)



“The Morning of the Lady of the House”
by A. G. Venetsianov (1823)

What do you know about clothes of the Russians?

Clothes can tell us about the people who wear them; about their class, their rank, their job, their country

It's interesting to know...

What is the typical old Russian conception of a woman's beauty?

The ideal of a beautiful woman — a tall, strong and stately woman with red cheeks, blue eyes and blonde hair. A long and thick braid symbolised a young woman's beauty.

Clothes in Old Russia

Kokoshnik — woman's head-dress in old Russia

Shuba — a fur coat

Sarafan — is a long women's dress covering feet and having the form of a high skirt with straps or sleeveless chemise worn over one with sleeves

Sermyaga — a kind of rough woollen cloth used for peasant clothing

Kosovorotka — a shirt with a narrow stand up collar and an off-centre slit or button closure shifted to the left or to the right

Onuchi — long narrow strips of cloth (up to two metres in length) over which were worn lapti (bastshoes)

Ponyova — a kind of skirt made of three lengths of cloth and was ornamented with embroidery, lace, spangles and beads

Prednik (apron) — it served to keep the clothes clean and on holidays it was a decoration

Valenki — felt boots

Kaftan — garment

Tulup — sheepskin



“Portrait of an Unknown Peasant Woman in Russian National Costume” by I. Argunov (1784)

Russian National Costume

Lead-in

- 1 How is the title of the unit related to the pictures? What do you know about your country's national costumes?
- 2 In pairs, put the items into the following categories: *headdress, bodywear, legwear, footwear*. What seasons do you think they are suitable for?

Reading & Listening

- 3 Listen and number the pictures in the order the guide mentions them.

- 4 Read and underline the correct word.



The National Costume Museum

Welcome to the Russian National Costume Museum. We hope you will enjoy your tour with us today. We will see a variety of national costumes that come from all regions of Russia.

If you follow me, we will go to our first exhibit... This is an example of an 18th century peasant shirt, **kosovorotka**, a very popular item of clothing that could be worn every day and on special occasions, at home and at work. Men wore shirts to their knees and women wore them to their ankles.

The next exhibit is a **sarafan** from the 18th century. The sarafan was either a sleeveless dress or a high skirt with stripes. Girls and young women wore it. The exhibit on your left is the most common type of festive headdress, the **kokoshnik**. It was worn in the 18th and 19th century. The materials used to decorate the headdress were gold, silver, pearl and decorative stones. Kokoshniks were very expensive and would be handed down from generation to generation. Please walk this way.

What you see before you now are **porti**. These men's trousers are made of rough linen. Next to them is a long woollen skirt called a **poneva** which dates from the 19th and early 20th century. The poneva was worn by married women. In winter both men and women wore sheepskin overcoats, usually with fur on the inside, called **polushubok**.

If you look down to your right, you will see some bast shoes, **lapti**, which were worn over homespun onuchi - narrow strips of cotton wrapped around the lower leg - and **valenki** - felt shoes. Some peasants also had leather footwear: **koty** for women and leather boots for men.

Now, let us continue by looking at some nobles' costumes.....

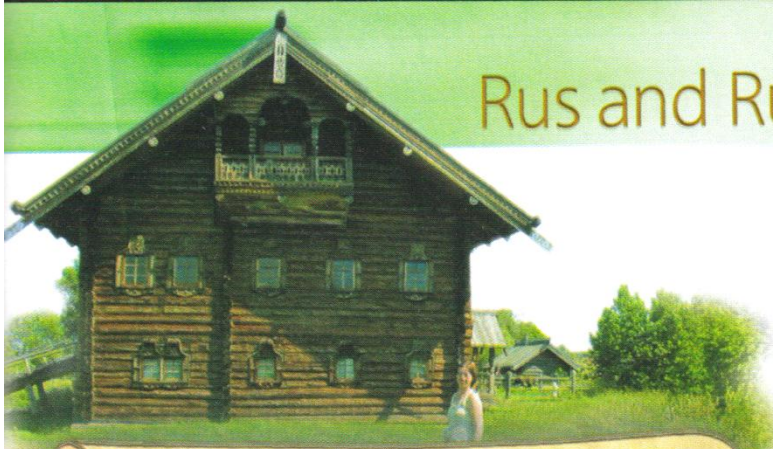
- 1 The main part of a Russian costume is a shirt/skirt.
- 2 Men's shirts differed from women's by length/width.
- 3 The sarafan was worn by young men/women.
- 4 Women wore the kokoshnik on everyday/special occasions.
- 5 Sheepskin overcoats/trousers were worn by both men and women.

- 5 Circle the materials in the text. Use them to describe the pictures.

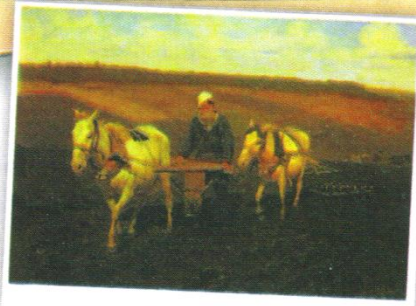
Speaking

How are today's clothes different from Russian national costume?

Rus and Russia



- 1 In medieval Russia, Rus (980-1584) people were very close to nature. They settled on plains near rivers and lakes. These places contained a lot of fish, so that, not surprisingly, many Russians were skillful fishermen.
- 2 Rus was rich in forests in medieval times and almost everything was made of wood. People lived in wooden houses, used wooden **cutlery** and made wooden furniture. There was even a wooden Russian tsar's palace in the village of Kolomenskoye that was known as the eighth **wonder** of the world. Russian **craftsmen** built houses and churches using only **axes** and no nails.
- 3 The diet of the people at this time was healthy, but not very rich. Russians grew **wheat** and **rye**. **Grain** was very important and the basic ingredient for black rye bread, **buckwheat** kasha and kvas – a drink that was also used as stock for vegetable soup. Black rye bread and buckwheat kasha remain popular; in fact black rye bread is enjoyed in many other countries today.
- 4 Animals were very important to medieval Russians. Horses were used to **plough** and pull sokhas, cows gave milk and furs were high-value animal products obtained from the forests. Fur was a significant Russian export and it still is.
- 5 Medieval Russians were **pagan** before 988 AD. They believed in many gods instead of one and were nature **worshippers** whose gods were associated with the sun, the **thunder**, the wind, animals and birds. Russian fairy tales are rich in supernatural characters like Baba Yaga, Kashchey, the **firebird**, etc. Goodness and kindness were regarded as very important features of human beings. Although old Russia was not a perfect world, it was a very human one.



Lead-in

- 1 How do you think people used to live in medieval Rus? Look at the pictures and use the verbs to tell the class.

- live
- cook
- plough
- drink

People used to live in wooden houses.

Reading & Listening

- 2 Listen and write the Russian words you hear. Check with your partner.

- 3 Read and match the paragraphs to the headings.

- Four-legged friends
- Religion and belief
- Food and farming
- Home on the water's edge
- The importance of trees

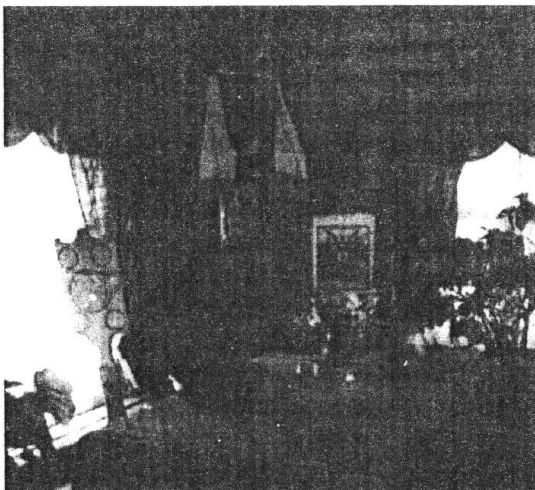
- 4 Explain the words in bold.

Speaking

In pairs, ask and answer questions about medieval Russia.

RUSSIAN HOME

The first Russian Houses (the peasant's house was called "izba"; the houses for rich people were called "terem" or "polaty") were built of wood. The Russians used only pine-trees and larch-trees for building their

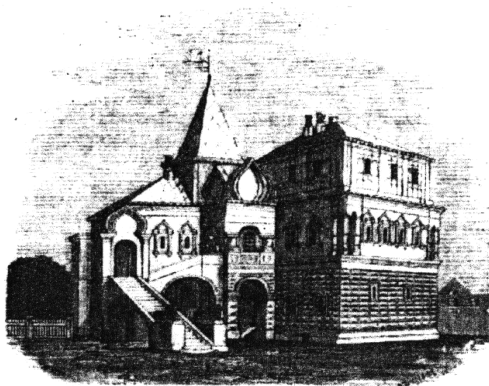


A Peasant's Room

houses. They didn't use nails for building the houses. The most important article of each Russian house was a stove. The stove was used for a lot of things: cooking food, baking bread, heating the house, sleeping (because there was a special place over the fire-chamber for sleeping). The "Russian" stove was a large structure, from floor to ceiling, and was the centre of home life. In every house there was a "red corner" with icons and with a table near it. The windows facing the street were always richly decorated with carvings. Every house had a richly decorated porch. The porch of the house showed the hospitality of the owner and his wealth. There was a tradition: several generations of a family lived together.

Poor people lived in small wooden houses, but rich people lived in big wooden houses, and later in stone houses, sometimes two-storied and large.

Russian traditions



The Boyar Romanov's House. Moscow. 17 c.

Do you know...

— To make tableware, people used different kinds of wood, clay, metal, roots, branches, rind and birch bark.

— The main utensils in a peasant's house: samovars, plates and dishes made of clay, brass and wood; a spinning-wheel, a sewing-set, wooden rollers, boards for washing and pressing clothes (walky and rubely), splinter holders for lighting the house.

— People had "**oberegi**" in their houses — magic images and signs protecting the family from evil forces.

— In every Russian house there was a **trunk** where people kept their documents, holiday clothes and other valuables.

— In every Russian house there was "lulka" — a hanging cradle for a baby.

Do you know these words?

- "**troika**" — (three) a Russian vehicle drawn by a specially trained team of three horses abreast. Up to 1860, "troika" was the main means of transportation in Russia
- "**tuesok**" — a cylinder vessel made from a single piece of birch-bark

- "**posidelki**" — a village party
- "**zhban**" — a hooped wooden jug
- "**pryaniki**" — people used a cake mould for baking these. They baked them from flour and honey and gave them as presents.

Russian Home Proverbs

- ♦ *В гостях хорошо, а дома лучше.* — East or West, home is best. It is good to go visiting, but it is better at home.
- ♦ *На своей печи — сам себе голова.* — One is one's own master at one's own stove.
- ♦ *Всякий кулик своё болото хвалит.* — Every sandpiper praises its own swamp.
- ♦ *Каждый купец свой товар хвалит.* — Every merchant praises his own goods.
- ♦ *В каждой избушке свои погремушки.* — Every hut has its own rattles.
- ♦ *Не выноси сор из избы.* — Do not wash your dirty linen in public.

- ♦ *Первому гостю первое место и красная ложка.* — The first visitor gets the first place and a pretty spoon.
- ♦ *Худа та птица, которой гнездо своё не мило.* — It is an ill bird that does not like its own nest.
- ♦ *Другие времена — другие нравы.* — Other times, other manners.
- ♦ *Дома и солома едома.* — At home one can even eat straw.
- ♦ *В чужой монастырь со своим уставом не ходят.* — One does not enter another monastery with one's own rules.

Explain these proverbs with your own words.



RUSSIAN BATHS

Russian people like the steam bath. If you visit Russian Baths, you will understand the Russian soul and mentality. In old Russia, baths were put on a bank of the river or lake, near the water. Visiting Russian baths is a ritual, a great occasion. What do you need for it? Good steam, a good venik, a lot of time, and a good mood.

We have state public baths and bathhouses in private homes. The bathhouse in a private house is comprised of two



“Saturday. Baths” by V. Stozharov (1967)

sections: a dressing room and a steam room. Everything in the Bath is made of wood. The main part of the Russian bathhouse is a stone stove with a cauldron for the water and a special hollow where cobblestones are piled. The venik is the main attribute of the Russian bath. Usually veniks are made of birch or oak twigs. People use veniks for massage (they thrash one another with it during their washing). They say Russian Baths are very useful for health. After having a bath, people like to have a rest and to drink kvas or hot tea. Some people even run out of the bath and swim in a nearby river or lake, or in winter they rub themselves with snow. After returning to the steam room, they steam again. There is a special smell in the bath (because of twigs).

What do people say after the bath? — Light Steam!

Do you know...

A venik — is a bundle of twigs. People use veniks of oak, birch, juniper and lime-tree.



“A Baker” by B.M. Kustodiev (1920)

Russian Proverbs about Meals:

- A home is made by pies, not by walls;
- A birthday is not a birthday without pies;
- Arrows complete a quiver, and pies a dinner;
- Appetite comes with eating;
- A good housewife is one who makes good shchi, not one who makes nice conversation.
- Porridge and cabbage soup is but our native food.

Russian Cuisine

Lead-in

- 1 Look at the pictures on the menu and name the dishes. What ingredients are used? Do you know any other Russian dishes?

Reading & Listening

- 2 Listen and circle the dishes the chef mentions in his introduction.

- tvorog • ryazhenka
- okroshka • shashlyks
- golubtsy • kisel • kefir
- chicken Kiev • kulebyaka
- smetana

- 3 Read the menu and list:

- dishes with cabbage
- flour-based dishes
- dishes with sour cream

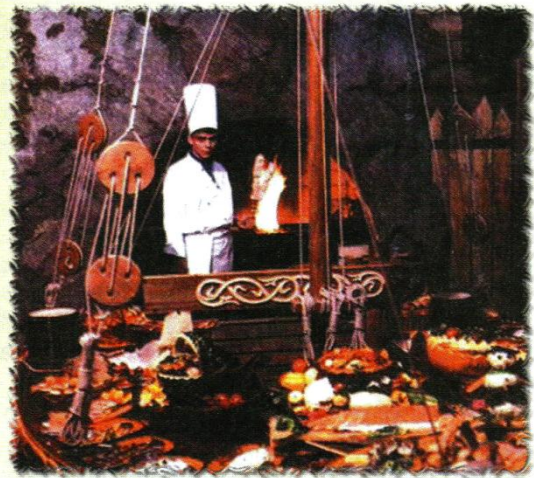
- 4 Explain the words in bold.

- 5 Read the menu and write down:

- the most expensive cold starter
- the cheapest hot appetiser
- a cold soup
- a barbeque dish

Speaking

In pairs, help your foreign friend to place an order with the waiter for a cold starter, hot appetiser, soup and main dish.



The Russian diet is rich and **varied**. A lot of **dairy products** are used, such as *tvorog* (dry **granulated** cream cheese), *smetana* (thick **sour** cream) and *kefir* (a **yoghurt-like** drink made from cow's milk, yeast and **lactic acid bacteria**).

Typical Russian meals start with hot and cold **appetisers**. These are followed by soup, the main dish, and then dessert. The appetisers we **recommend** are: salmon, hot and cold **smoked** sturgeon, pike perch stuffed or in aspic and herring or red herring. The cold meat dishes we suggest are: ham, lean boiled pork with **spices** – *buzhenina*, **jellied** tongue, and meat jelly. These dishes can be served with horseradish sauce and **various** salads. The most popular soups in this restaurant are *borshch* and *solyanka*. For the main dish there is a great choice: fried burbot or carp, meat dishes such as beef stroganoff with **mashed** potatoes, *golubtsy*, *pelmeni*, Russian *shashlyks* and **grilled** piglet. Poultry and game dishes include chicken Kiev, roast duck and goose stuffed with apples, **roast** partridge, hazel-grouse, wood-grouse, blackbird, pheasant and quail. All these dishes are **juicy** and **tender**. Dessert comes next. Our customers can enjoy baked apples, fruit and berry *kisel*, compote, **aromatic** melons and watermelon from the **estuary** of the Volga. **Baked** pies have always been popular in Russia, and there is a wide selection available.

As for drinks, there are some wonderful fruit and berry beverages called *mors* and *kvas*. *Kvas* was invented over a thousand years ago. It is similar to beer in alcohol content and is made from malt or fresh/dried rye bread. Many people still enjoy drinking it today.

Cold Starters

Tsar's Zakuska, 80 roubles

A selection of **pickled** cucumbers and/or tomatoes, **sauerkraut**, **marinated** garlic and **ramson**.



Ukrainian Salo, 55 roubles

Delicious **slices** of tender pork fat served with marinated garlic, horse-raddish or mustard and black rye bread.



Herring in a Fur Coat, 110 roubles

Alternating layers of **chopped** herring, a mixture of chopped boiled potato, onion, beetroot and mayonnaise, decorated with a layer of **grated** cheese and boiled egg yolks.



Russian Salad, 70 roubles

Chicken or beef salad with chopped potato, egg, onion, carrots and pickled cucumbers in a mayonnaise dressing.



Hot Appetisers

Bliny, 80-120 roubles

Nourishing flour crepes, served with a **topping** of your choice: red & black caviar, salted salmon, **cowberry** jam or sour cream.



Julienne, 70 roubles

Cream-mushroom julienne, **baked** with Mozzarella cheese and topped with green **parsley**.



Vareniki, 65 roubles

Boiled or fried **triangular dumplings**, filled with potatoes, cheese, mushrooms, cabbage, or meat. Served with sour cream.



Draniki, 50 roubles

Delicious potato pancakes. Similar to the Jewish potato latke. Served with sour cream.



Soups

Shchi, 45 roubles

Traditional Russian fresh cabbage or sauerkraut soup. Served in a **pot** covered with **pastry** and sour cream.



Borshch, 60 roubles

A **hearty** soup made from beets and cabbage, **simmered** for maximum **flavour** and served with a **dollop** of sour cream and **garlic bread**.



Solyanka, 80 roubles

One of the most famous Russian soups, made from meat, fish or mushrooms, served with olives, lemon slices and sour cream.



Okroshka, 35 roubles

A **refreshing**, cold kvas-based soup, with chopped fresh vegetables, sausages and meat.



Main Dishes

Pelmeni, 95 roubles

Siberian **ravioli**, **stuffed** with ground pork and onions. Served in a traditional Russian pot with sour cream and **vinegar**.



Shashlyks, 140 roubles

A classic Russian **barbeque**: **juicy** cubes of **lamb** pre-marinated in kefir and **grilled** on **skewers** over a **brazier**. **Rare, medium** or **well-done** to your taste.



Stuffed Piglet, 350 roubles

A **spicy** whole piglet, **stuffed** with buckwheat porridge, grechka and vegetables.



Golubtsy, 120 roubles

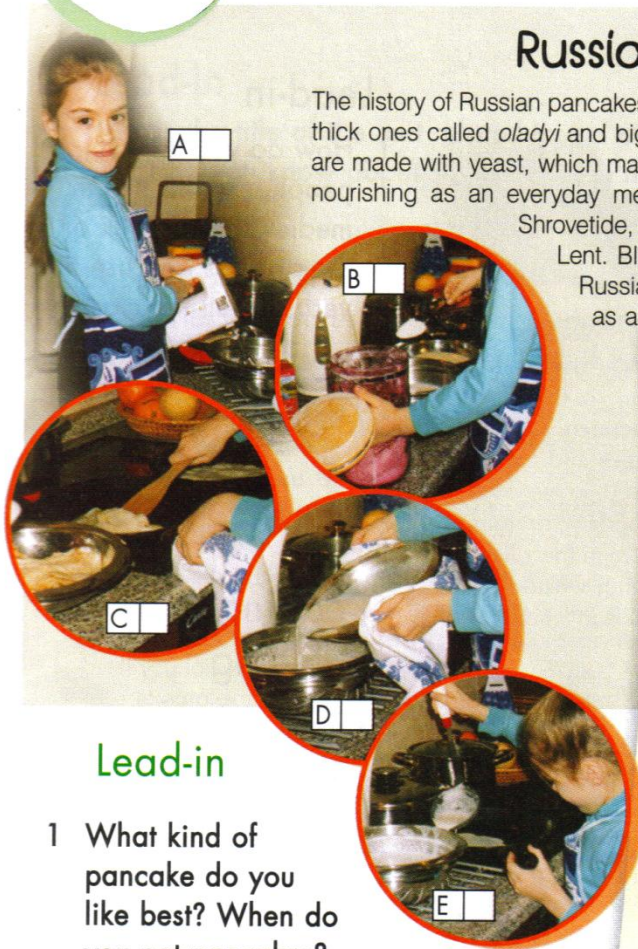
Roulettes of cabbage, **filled** with rice, ground lamb and pork. Topped with cream sauce and **steamed pumpkin**. Served with pink sour cream sauce.



Come For Pancakes!

Russian pancakes

The history of Russian pancakes dates back to the 9th century. There are small thick ones called *oladyi* and big round ones called *bliny*. Traditional pancakes are made with yeast, which makes them soft and spongy. Such pancakes are nourishing as an everyday meal. They are also made in great quantity at Shrovetide, a week-long spring festival the last week before Lent. Bliny are one of the most popular dishes on the Russian table. They can be served as a main dish or as a dessert.



Lead-in

- 1 What kind of pancake do you like best? When do you eat pancakes?

Reading & Listening

- 2 In pairs, answer these questions then read or listen and check your answers.

- a) What are pancakes made of?
- b) What do you need to make pancakes?
- c) What toppings are pancakes served with?

- 3 Read the recipe and match the numbered directions to the pictures.

Ingredients

4 cups of flour	1 teaspoon salt
4 cups of milk	25g yeast
2 eggs	25g butter
2 teaspoons sugar	100g cream

- 1 Mix the flour, the milk and the yeast to make batter. Set the mixture aside and let it rise.
- 2 Separate the egg yolks from the egg whites. Add sugar to the egg yolks and whisk up the egg whites with cream.
- 3 Then add the egg whites and the egg yolks to the batter. Stir the batter, then put it aside to rise again.
- 4 Now you're ready to start cooking – heat up a little oil in a big pan; when the oil is hot, add the batter mix.
- 5 Fry the pancake until it's brown on one side, then turn it over to brown the other side. When the pancakes are brown on both sides, put them on a warm plate. Spread a little butter on each pancake and add a topping of your choice (chocolate, whipped cream, caviar or yoghurt). Pancakes are also good with herring or salted salmon. Enjoy your pancakes!

Speaking

- What is your favourite dish? Tell the class how to make it.

A Week of Food and Fun

Shrovetide is an ancient Russian holiday which **dates** back to the 9th century. It begins a week before Shrove Monday, which is the last Monday before the 40-day **fasting** period of **Lent**. Shrovetide is the most cheerful of all Russian holidays. Not to participate in this holiday means to live in poverty for the rest of the year.

Each day of Shrovetide has its own **rituals**. They are:

MONDAY – People set up **stalls** selling pancakes, toys and crafts. A Shrovetide **dummy** is dressed in a *sarafan* and seated on a sledge. The sledge goes along the streets, inviting people to join in and celebrate the festival.

TUESDAY – People dress up in their best clothes and go out for tobogganing and pancakes. Young men look for their future wives and people kiss, dance and **flirt** with each other.

WEDNESDAY – Mothers-in-law invite their sons-in-law to try delicious pancakes. The sons-in-law bring gifts and sweet honey cakes.

THURSDAY – On this day there is more tobogganing along with plenty of fun. People play at fistfighting and capturing snow fortresses. They go to theatre performances, eat pancakes, drink and dance.

FRIDAY – Sons-in-law invite their mothers-in-law to their homes for pancakes.

SATURDAY – Sisters-in-law receive guests.

SUNDAY – The Shrovetide straw dummy is **solemnly** burnt as a symbol of life's victory over death. Ashes are scattered over the fields in order to have an excellent harvest in the autumn. In the evening, people forgive all offences so that everyone can meet the spring with a clear **conscience**.



Lead-in

- 1 Read the title and look at the pictures. Which festival is the text about? How do you know?

Reading & Listening

- 2 Listen and circle the activities.

- | | |
|-----------------------|-----------------------------|
| 1 Tobogganing | 5 Building ice sculptures |
| 2 Ice-skating | 6 Sledge driving |
| 3 Dancing and singing | 7 Fistfighting |
| 4 Eating pancakes | 8 Snowboarding |
| | 9 Capturing snow fortresses |

- 3 Read and match, then make sentences.

On Sunday during Shrovetide, we forgive people for their offences.

прощеный день	Monday	feasting on sweets
заигрыши	Tuesday	merrymaking
широкий четверг	Wednesday	forgiving
встреча	Thursday	celebrating festival
лакомка	Friday	flirting
тещины вечерки	Saturday	mother-in-law evening
золовкины посиделки	Sunday	gathering of sisters-in-law

- 4 Now explain the words in bold.

Speaking

How do you and your family celebrate Shrovetide?



The food we like to eat in Russia

Borshch

My Mom cooks borshch very well. It is a regular and favorite meal with us. This is how she makes it. You may try to cook it for the members of you family, if you want to please them.

Boil some meat for about 1–1,5 hours in the salted water. Stew sliced beetroot in the pan with the fat from the broth. Fry sliced carrots, onions and parsley in the frying-pan (separately from the beetroot), use vegetable oil for this. Beetroot should be stewed, carrots and onions — fried. Peel, slice and fry tomatoes for ten minutes separately. Put some cabbage and potatoes in the broth. (The lid of the sauce-pan must be open). Add stewed beetroot, fried carrots, onion, parsley, tomatoes, sweet pepper (if you want) and in 15 minutes your borshch is ready. It is served with sour cream, garlic and greens. Add salt to your taste.



Meat or poultry	— 0,5 kg.
Beetroot	— 1 piece (medium size)
Sweet pepper	— 1–2 pieces
Cabbage	— 500 gr
Potatoes	— 2 pieces
Tomatoes	— 3–4 pieces or a spoonful of tomato paste
Brown onions	— 1 piece
Parsley	— 2 pieces
salt and pepper to taste	

Chicken “Tabaka” from the Caucasus

Chicken “Tabaka” is roasted under the press for an hour. Before placing it on the frying pan rub it with salt, peper, garlic and cut greens. Enjoy it!



11. Answer the questions, please:

- 1) What are the most typical dishes in Russia?
- 2) What do you normally have for breakfast?
- 3) If you met a foreigner who came to your country for the first time, what dishes would you recommend?
- 4) Do you know any dishes that are typically British?
- 5) What food and drink is good for you? What things are bad for you? What foods have the most Vitamin C in them?

WORDLIST

beetroot ['bi:tru:t] — свекла
boil [bɔil] — варить
broth [brɒθ] — бульон
cabbage ['kæbi:dʒ] — капуста
carrot ['kærət] — морковь
chicken ['tʃikin] — цыпленок
cut greens [kʌt grɪ:nz] — нарезанная зелень
fat — жир
fry [frai] — жарить

garlic ['gɑ:lik] — чеснок
onion ['ʌnjən] — лук
parsley ['pɑ:slɪ] — петрушка
peel [pi:l] — чистить
rub [rʌb] — натирать
separately ['seprətli] — отдельно
slice [slɑis] — резать тонкими кусочками
sour cream ['sauə kri:m] — сметана
stew [stju:] — тушить