Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

Russian-Inspired Menu and Recipes

Meal	Menu
Breakfast	• Berry ricotta blini (buckwheat pancakes) with berry compote * • Berry compote • Hardboiled egg • Tea
Snack	• Tvorog • Banana • Mixed nuts
Lunch	• Okroshka (cold soup)
Snack	• Pierogi
Dinner	• Beef stroganoff * • Rye bread or noodles
Snack	• Pastila • Tea

Berry ricotta blini (buckwheat pancakes) with berry compote

Adapted from www.christinebailey.co.uk

Makes 4 servings.

- Prep time: 15 minutes
- Cook time: 5 minutes
- Total time: 20 minutes

Ingredients

For the berry compote:

- 1 cup frozen mixed berries
- 2 tablespoons sugar
- 1 teaspoon lemon zest
- 2 teaspoons lemon juice

For the blinis:

- 1 cup all-purpose flour
- ⅔ cup buckwheat flour
- 2 teaspoons baking powder
- 2 large eggs, egg yolk separated from the egg white
- ⅔ cup milk or non-dairy milk
- ¾ cup ricotta cheese
- Butter or oil for cooking (about 1 tablespoon, or more as needed)

To serve:

- 1 cup plain yogurt
- ¼ cup pistachios, chopped (optional)

Instructions

To make the berry compote:

1. Add the frozen berries, sugar, lemon zest, and lemon juice to a small saucepan over medium heat. Let it simmer for 10 to 15 minutes while you make the blinis.

To make the blinis:

2. Add the all-purpose flour, buckwheat flour, and baking powder to a large bowl. Mix them together well with a whisk or fork.

3. Make a well (an indent) in the center of the flour mixture. Add the egg yolks to the well. Start mixing and slowly add the milk. Add the ricotta cheese and mix well.
4. Add the egg whites to a separate bowl. Whisk them until they make a foam that forms a stiff peak as you pull the whisk away from it.
5. Add a spoonful of the egg whites to the ricotta cheese mixture. Gently mix to loosen the batter. Add the rest of the egg whites and mix gently until the batter is smooth and has no lumps.
6. Heat the oil or butter in a large skillet or griddle over medium-high heat. Drop rounded tablespoons of the batter into the pan. Cook until the top is bubbly, about 1 to 2 minutes. Using a small spatula, flip and cook for another minute.
7. Move the blinis from the pan to a plate. Let them cool before serving. Repeat until the batter is finished.
8. Serve with berry compote, yogurt, and chopped pistachios on top.

Nutrition information

1 serving: 3 blinis and 2 tablespoons of berry compote

- Calories: 390
- Carbohydrates: 51 grams
- Protein: 14 grams
- Fat: 14 grams
- Sodium: 385 milligrams
- Potassium: 405 milligrams
- Added sugar: 0 grams

Beef stroganoff

Adapted from www.vikalinka.com

Makes 4 servings.

- Prep time: 10 minutes
- Cook time: 20 minutes
- Total time: 30 minutes

Ingredients

- 1 pound sirloin steak, cut into thin strips
- Salt and pepper
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 onion, thinly sliced
- ½ pound cremini mushrooms or chestnut mushrooms, sliced
- ¼ cup brandy or apple juice
- ½ cup beef broth
- 1 bay leaf
- 1 teaspoon whole grain mustard
- 1 cup sour cream
- 3 to 4 sprigs of flat-leaf parsley, chopped

Instructions

1. Season the beef with salt and pepper.
2. Add the olive oil to a large heavy skillet over medium-high heat. Sear the steak strips in the skillet for 1 to 2 minutes on each side. Move the seared steak from the pan to a plate. Let it rest while you make the sauce.
3. Add the butter to the same skillet over medium-high heat and let it melt for

a few seconds. Add the onions and mushrooms, mix, and let them cook, stirring occasionally, until they're golden brown (about 5 to 8 minutes).

4. Add the brandy or apple juice to the skillet. Mix, and let it cook, stirring occasionally, until liquid starts evaporating (about 3 to 4 minutes).
5. Add the beef broth, bay leaf, mustard, and sour cream. Mix well. Add the cooked steak and mix well. Lower the heat to medium-low and cook for another 5 minutes.
6. Serve with chopped parsley on top.

Nutrition information

Serving size: 1 cup

- Calories: 453 calories
- Carbohydrates: 7 grams
- Protein: 26 grams
- Fat: 32 grams
- Sodium: 113 milligrams
- Potassium: 684 milligrams
- Added sugar: 0 grams

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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