

Diet

The Siberian diet is heavy in fats, which helps to insulate inhabitants from the cold during the long winters. Many of the foods are traditionally Russian, such as dumplings and borsch (see the Soviet recipe). Siberian staples include black bread, potatoes, pasta, cheese, reindeer meat, cabbage, and fish. Butter and sour cream are used liberally during meals.

Healthy recipe

Siberian cabbage (serves 6-8)

Ingredients

1 cabbage (green or red), shredded
1 13-oz. can lo-fat evaporated milk
1 cup dry bread crumbs
1/2 cup olive oil (butter was traditionally used)

Directions

1. Preheat oven to 350 degrees.
2. Spread cabbage in a casserole dish. Pour milk over cabbage.
3. Sprinkle with bread crumbs and oil. Cover.
4. Bake at 350 degrees for 30 minutes.
5. Uncover and bake 30 minutes longer until crumbs are light brown and cabbage is tender.
6. Serve with a dollop of sour cream (if desired) and baked fish.