



Mamushka: Recipes from Ukraine and Eastern Europe

Olia Hercules

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A celebration of the food, flavors, and heritage of Eastern Europe—from the Black Sea to Baku, Kiev to Kazakhstan—*Mamushka* features over 100 recipes for fresh, delicious, and unexpected dishes from this dynamic yet underappreciated region.

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.

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. You'll also find some of Olia'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, *Mamushka*'s earthy dishes appeal to home chefs everywhere. Join Olia on this delicious and diverse culinary tour through Eastern Europe.

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