

MENU ON THE PROGRAM GASTRO TOUR ON BAIKAL

DAY 2

LUNCH IN THE MUSEUM TALTSY

COLD STARTERS

Pickles
Homemade bacon with onion
Fresh vegetables

HOT STARTERS

Layer cake with meat

SOUP

Borsch with greens and donuts

DESSERTS

Pancakes with honey and jam
Pies with cranberries
Lemon pie with apple
Jam from pine cones with cedar nuts

DRINKS

Cranberry drink
Sbiten
Taiga tea from a samovar with bagels

DINNER AT THE RECREATION CENTER OF RUSSIAN RAILWAYS

HOT MEAL

Warm salad with dried tomatoes, veal tongue and mustard dressing
Halibut baked on puree from white asparagus served with Tartar sauce of mushrooms and gingerbread
Lamb ribs, served with couscous with vegetables and olives

DESSERTS

Ice cream with cream of green tea and cedar nuts

DRINKS

Tea with Saagan-Dalya
Sea buckthorn, cranberry
Water without gas

DAY 3

THE RECREATION CENTER OF RUSSIAN RAILWAYS

BREAKFAST

Oatmeal porridge with currants and apples
Cottage cheesecakes with honey, sour cream and strawberry jam
Omelet with fresh vegetables and Feta cheese
Taiga tea
Water without gas



LUNCH

Buhler on lamb leg with cheese from the Baikal cheese factory and fresh herbs
Meat slicing
Sagudai from omul with three sauces to choose from (soy, fish with chili and black pepper)
Salad with seasonal vegetables with young cheese
Homemade marinated mushrooms with sour cream and onion
Taiga tea
Water without gas

SNACKS FOR THE BANYA

Meat slicing (smoked sausages, basturma, spicy neck)
Cheese plate from the Baikal cheese factory with jam
Nuts (peanuts, walnuts, pecans, cashews, pistachios), served with flower honey
Bagels, almond cookies
Fruit plate
Camomile tea
Canterberry compote
Kvass
Water without gas

DINNER

Pike balls with a sauce of omul caviar and sour cream
The beef steak in sauce Demiglace with cranberries and mashed potatoes
Siberian pickles of summer fast salting (tomatoes, cucumbers, cabbage)
Salad with beetroot, orange, baked sweet pepper, pumpkin seeds and Feta cheese, seasoned with sea buckthorn oil
Homemade oatmeal cookies
Taiga tea
Water without gas

DAY 4

THE RECREATION CENTER OF RUSSIAN RAILWAYS

BREAKFAST

Eggs Benedict on toast with tomato, lightly salted sea trout and herbs
Pancake with cottage cheese, cedar nuts and chocolate sauce
Fruit plate
Taiga tea
Water without gas

PICNIC ON SOBOLINIE LAKES

COLD STARTERS

Baikal sagudai (omul salted with onions and spices)
Meat plate (homemade lard, smoked sausage, smoked bacon)
Cheese plate (Parmesan, Adyghy cheese, Suluguni)

HOT STARTERS

Warm rolls with fresh vegetables, cheese and chicken

DESSERT

Baked pies (strawberry, bird cherry, apple)

DRINKS

Ivan-tea on the fire



DAY 5
MOUNTAIN MAMAI

LUNCH

Soup with white mushrooms and chicken
Sautéed rabbit with baby vegetables
The taiga set (taffy, cedar grill, honey in honeycombs, home confiture of forest berries)
Lemonade with cucumber and lemon
Tea with currant leaves
Water without gas

DINNER

Beef stroganoff from beef tenderloin, in cream sauce with white mushrooms, served with buckwheat on the side dish.
Omul salted with young boiled potatoes
Venison liver pate with cedar nut, meat terrine with pistachios and prunes, canapés with pork and horseradish
Fresh vegetables and greens
Spicy lemon pie
Siberian tea
Water without gas

DAY 6
MOUNTAIN MAMAI

BREAKFAST

Omelet from village eggs, cheese, greens, tomatoes and smoked bacon
Pancakes with honey, cranberries and walnuts
Compote of prunes and dried fruits with spices

LUNCH

Chicken broth with croutons
Roast beef tenderloin with eggplant and bell pepper
Salted cucumbers with poppy seeds, dill and garlic
Cakes with raisins and cottage cheese

DINNER

Baked lamb with Baikal herbs and vegetables
Grilled vegetables, roasted on birch coals
Pie Charlotte with apples and whipped cream

SNACKS FOR THE BANYA

Meat slicing (smoked sausages, basturma, spicy neck)
Cheese plate from the Baikal cheese factory with jam
Garlic toasts and nuts (peanuts, walnuts, pecans, cashews, pistachios)
Fruit plate
Mulled wine
Kvass
Water



DAY 7

MOUNTAIN MAMAI

BREAKFAST

Scrambled eggs with smoked salmon and salad (for those who do not eat fish, bacon is served)
Cheese plate from Baikal Cheese Factory with confiture
Rice porridge with cream with raisins and dried apricots
Siberian tea
Water without gas

LUNCH AT THE BIOSPHERE RESERVE

COLD STARTERS

Fresh vegetables
Lightly salted cucumbers and tomatoes
Fried fern
Sagudai from omul (fresh fish with onion, lemon and spices)
Baked pies with mushrooms

HOT MEAL

Shashlyk with tomato sauce and Siberian spicy herbs
Baked pike

GARNISH

Boiled potatoes with herbs

DESSERTS

Siberian cheesecake with blueberries
Jam: raspberry, strawberry, blueberry

DRINKS

Sea-buckthorn tea on the fire with herbs

CULINARY MASTERCLASS

COLD STARTERS

Chicken rolls with cottage cheese
Fillet of omul in cedar nuts
Salad of seasonal vegetables in a cheese basket

HOT MEAL

Buryat Poses of three types of meat with mineral water dough with a sauce based on vinegar, garlic and black pepper

DESSERTS

Marshmallows and marmelade

DRINKS

Water without gas
Tea with herbs



DAY 8
ARSHAN

LUNCH

Julienne with white mushrooms, champignons, cream and rosemary
Borscht of beef
Salad with beef tenderloin and grilled vegetables, Brynza cheese and cedar nuts
Basket of mini-pies (apple/cranberry, rabbit meat/mushrooms, cherry/chocolate, liver, sockeye)
Berry fruit drink
Traditional salty Buryat tea with milk
Green tea
Water without gas

DINNER

Venison (tenderloin) grilled with potatoes and mushrooms
Salad with glazed duck breast, grapefruit, fresh vegetables and raspberry dressing
Honey cake
Lemonade with lime
Siberian tea
Water without gas

DAY 9
ARSHAN

BREAKFAST

Homemade granola from oat flakes, honey, dried fruits and nuts
Yogurt and milk for granola
Omelet with herbs and tomatoes
Vegetable salad
Orange juice with pulp
Fresh fruit
Herbal tea
Water without gas

LUNCH

Salad with fern and cedar nuts
Shchi stewed with duck
Roast beef with beef tenderloin with mashed potatoes from green sweet peas and carrot balls
Draniki with red caviar and sour cream
Pumpkin pie with nuts
Orange lemonade
Tea with melissa
Water without gas

DINNER

Lula venison with mashed potatoes and Satsibelli sauce
Chicken shashlik and grilled vegetables with sauce from black pepper
Croissant, baked pear, ice cream with sublimed raspberries
Tea with chamomile
Black tea with thyme
Water without gas



DAY 10
ARSHAN

BREAKFAST

Breakfast

Oatmeal jelly with cedar nuts

Apple baked with honey

Cobb-salad (chicken breast, cherry tomato, cucumber, lettuce, boiled egg, salad dressing mustard)

Toast bread, jam, butter

Herbal tea

Water without gas

