

THE BEST FOODS OF RUSSIA: CULINARY CLASSICS FROM THE CAUCASUS. By *Sonia Uvezian*. New York: Harcourt Brace Jovanovich, 1976. 280 pp. Illus. \$8.95.

If Feuerbach is right, if "man ist was er isst," students of Russia are duty bound to familiarize themselves with its cuisine. Even though Uvezian's excellent cookbook is not an introduction to Russian cuisine, but, as the subtitle indicates, to the cuisines of Armenia, Georgia, and Azerbaidzhan, which she considers Russia's best (and many Soviet people might agree), it is of interest to scholars, particularly scholars who wish to transcend the confines of the printed word and establish a more direct sensory perception of Russian culture.

From a scholar's point of view, the title is misleading, but this has been corrected in the paperback edition, now available at \$3.95 and retitled *Cooking From the Caucasus*. In comparison with Georgia and Azerbaidzhan, Armenia is overrepresented, and it is not always clear which recipes are products of which ethnic group. It is only fair to say that Uvezian's intention was to write a cookbook, not a scholarly treatise, but her introduction on the food and culture of the peoples of the Caucasus, and the recipes themselves, furnish an excellent starting point for scholarly speculation. The directions are clear. The recipes, though in some cases time-consuming, are not difficult. And the results are delicious. Moreover, in the tradition of materialism and socialist realism, this research has a practical value—feeding the hungry, and, because of the extensive use of yogurt, it might even increase the investigator's longevity.

Feuerbach attributed the French revolutionary spirit to their wine drinking, in contrast to the then docile Germans who drank beer. In this spirit, Uvezian's book might be used to shed light on the nationalities question by contrasting the pilaf and *bulgur* wheat dishes with the Russian fare of black bread, kasha, cabbage, and borscht, while intra-Caucasian rivalries might be explained by the Azerbaidzhanis' fondness for chickpeas and chestnuts, as contrasted with Georgians' love of red beans and yogurt. Lenin's frequently quoted remark about Stalin, "this cook can prepare only peppery dishes," gains new significance when viewed from the perspective of distinctly different national tastes in food. Psychohistorians might compare Stalin's delight in shashlik and *chakhokhbili* (chicken with wine and tomatoes) with Hitler's vegetarianism, thereby adding a new dimension to our knowledge of the "authoritarian personality."

Scholars who are dubious of this unconventional approach to culture and history might note that precedent has already been set. Professor Madelin Cosman has written a cookbook on medieval feasts, Professor John Schrecker on Szechwan cooking, and the fifth volume of English translations from *Annales*, entitled *Food and Drink in History*, contains articles on the rise and fall of pork in the French peasant diet, the semiotics of food in the Bible, and the "signals" food evokes about the wider culture and society. For Russia new light might be shed on the conflict between the Slavophiles and the Westernizers and about the ingredients that have combined to make the "Russian soul."

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GERMANS FROM RUSSIA IN COLORADO. Edited by *Sidney Heitman*. Fort Collins, Colo.: Western Social Science Association, 1978. vi, 188 pp. \$14.25. Distributed by University Microfilms International, Ann Arbor, Mich.

In addition to the editor's introduction, this work contains nine essays on aspects of German-Russian history and culture, the initial result of a research program established by Colorado State University in 1975. The first contribution offers an annotated translation and commentary of the Russian imperial manifestoes of 1763 and 1803 concerning potential immigrants. It is followed by a dense description of the efforts

to establish an autonomous Volga German Republic in 1917–18 within the Russian commonwealth. The third essay provides a “centennial perspective” on the Germans from Russia in the United States, and the fourth features the gradual Hispanicization of that immigrant group in Argentina between 1967 and 1977. The next three essays concentrate on Russian Germans in Colorado, especially on their role in the sugar beet industry. The eighth study describes the place of women in German-Russian life, and the ninth deals primarily with their “good old country songs.” The book concludes with a list of titles now available in the research collection of the Colorado study project.

In light of the recent “veritable explosion of publication and research” (p. 44) dealing with Germans from Russia, the essays add only limited, if valuable, new historical material to the studies of Karl Stumpp (1967), Richard Sallet (1931, 1974), Adam Giesinger (1974), and Fred C. Koch (1977). This also applies to the social and folkloric dimensions which are already competently described by Mary E. Johannes in her *Study of the Russian German Settlements in Ellis County, Kansas* (1946), a work apparently overlooked by the authors and also absent from the Colorado State University collection. Nevertheless, the attempt to place the Colorado experience of the Germans from Russia into its broader context and to view it in comparative perspective makes this publication a valuable addition to the study of human migration.

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THE GERMAN-RUSSIANS: A BIBLIOGRAPHY OF RUSSIAN MATERIALS WITH INTRODUCTORY ESSAY, ANNOTATIONS, AND LOCATIONS OF MATERIALS IN MAJOR AMERICAN AND SOVIET LIBRARIES.

By James Long. Santa Barbara, Calif. and Oxford: Clio Press, 1978. xiv, 136 pp. \$16.95.

The activities in recent years of the American Historical Society of Germans from Russia, the North Dakota Historical Society of Germans from Russia, and the Germans from Russia in Colorado study project attest to a growing interest in the history of the German-Russians. The extensive work in German on the German-Russians is now available to English and American readers thanks to the studies of Adam Giesinger (*From Catherine to Khrushchev*, 1974) and Fred Koch (*The Volga Germans in Russia and the Americas from 1763 to the Present*, 1977). These two studies are based almost exclusively on the newspapers, articles, brochures, monographs, and other books in German conveniently listed in the bibliography compiled by Karl Stumpp, *Das Schrifttum über das Deutschtum in Russland*.

Materials in Russian have often been overlooked by students of the history of the German-Russians. James Long’s careful and scholarly compilation of an annotated list of four hundred thirty-eight bibliographies, books, official publications, articles, and newspapers in Russian is an indispensable research tool for students of the German-Russians’ history, agriculture, educational activities, forms of social and economic organization, and relations with their non-German neighbors and the Russian government.

Most of the materials contained in Long’s bibliography are available in the Columbia, Duke, Berkeley, and Yale University libraries, the Hoover Institution library, the Library of Congress, and the New York Public Library. Long spent six months in the Soviet Union and includes in the bibliography a number of German-Russian books, journals, and newspapers found in the collections of the Lenin Library and other Soviet libraries. He has made every effort to establish where each entry in his bibliography can be located and its value for the researcher.

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