



Meet a Special Mother – Zoya



My mother was always full of life, hope and optimism. She was a wonderful person, beloved by her family, friends and students alike. She was a professor of Central Asian and Persian literature and a translator. She lived in Moscow, later in life she moved to West Lafayette to be close to me and my family. In her youth she wanted to be an actress, and she was a delightful storyteller. In her free time, she loved theater, music, reading, and going for a walk. From her trips to the countries of Central Asia, I remember her bringing home incredibly delicious grapes, braided strips of dried melon, and homemade flat bread that she bought at the local markets. I was her only daughter,

and we often ate together. My mom preferred simple fresh food: a soft-boiled egg, a good apple, a small steak, and some fresh bread. She also loved to set up a beautiful table for festive as well as everyday meals. Conversations at the dining table, after we cooked together, set up the table, and ate with our family are among my warmest recollections about my mom.

Beet Salad

A Russian recipe using fresh beets

3 large beets, roots trimmed, washed
1/4 to 1/3 cup of walnuts
1 large clove of garlic (or more if you like garlic)
Salt to taste
1 spoonful of mayonnaise

Directions:

- In a pot, combine water and beets and bring to a boil. Cook until the beets are fork-tender, about 40 minutes, or bake the beets.
- Remove beets from the pot and let them cool. You can do it ahead of time.
- Peel beets and grate in food processor.
- Chop garlic and nuts into very small pieces. Add to beets,
- Then add a spoonful of mayonnaise (not too much) and a pinch of salt; mix everything together.

About the Recipe: Root vegetables like beets turn into delicious sweet and savory salad combinations. This little salad is a classic Russian salad that is wonderful served cold and makes a refreshing side dish. It's simple to prepare, using just a few ingredients. We lined the salad bowl with the leafy, bright green beet leaves and served some crisp crunchy crackers on the side. It is so versatile and healthy that it's the perfect partner for any supper, winter or summer.