

Russia. As expected the book contains more well-known Russian recipes like Salmon Kulebyaka but also things like Texas Chili which Hudgins and her husband Tom (whom she credits with writing many of the recipes in the book) cooked for their new friends. The recipes themselves are straightforward but sound incredibly appetizing (Hudgins is also great at recommending Western alternatives for different 'Russian' ingredients like their cream cheese *tvorog*). Food and travel purists may be a little put out by the presence of 'American' recipes in what they believe should be a strictly 'Russian' cookbook. Cooking for others and sharing recipes is a great way to develop friendships and is integral to the Hudgins' story. It would be somewhat naive to assume they totally abandoned the cooking of their motherland when abroad (although they did have to be quite inventive with the ingredients they had to hand in order to do so). The recipes are interspersed with anecdotes and folklore such as the *domovoi* (a 'house spirit' which lives underneath or behind the oven in Russian kitchens – effectively a gremlin blamed for anything that goes awry in the home although some believe the *domovoi* can also heal the sick). She also describes their festivals like Butter Week in Irkutsk (celebrated just before Lent, a bit like the UK's Shrove Tuesday) rendering this book a charming and engaging read, even if you decide never to cook from it. This book is perfect for the armchair traveller who is interested in far-flung locations but unable to visit them at present. If you're an adventurous cook who likes discovering new cuisines (but not necessarily complex or difficult to replicate) then this will be just the ticket for you. Sharon Hudgins is a respected food and travel writer and author of five books. She freely admits to being addicted to travelling and has visited more than 50 countries around the world. As well as writing and award winning cookbook on the regional cuisines of Spain she has also been a *National Geographic* Expert on the Trans-Siberian Railroad tours.

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Sharon Hudgins, ed.: *Food on the Move: Dining on the Legendary Railway Journeys of the World*: Reaktion Books, 2018: 256 pp., hardback, £25.00.

*Food on the Move* is all about the refreshments enjoyed (or not) on rail journeys across the world. Crisscrossing continents, nine seasoned rail travellers describe the food and drink available to passengers on these routes from their beginnings in the nineteenth and twentieth centuries to the modern day. They cover the culinary highs (the opulence of the Orient Express) to the lows (watery cabbage soup on the Trans-Siberian Express) of these famous journeys incorporating historical accounts of travellers' experiences. This is not a detailed travelogue but rather a digest of the victuals consumed both on board and at the station. Plus there are several recipes in each chapter for the armchair traveller to try at home should they feel inclined.

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