

The theme of our study is:

Ukrainian Cuisine. National Dishes in Ukraine.

Text “Ukrainian Dishes”.

I want to say, that the national cuisine reflects the richness of traditions and folkways of Ukrainian people.

Ukrainian cuisine has been formed during many centuries. Among Slavic cuisines Ukrainian is considered the most diverse and the richest by right. It spread out over the borders of Ukraine a long time ago. The most typical feature of the Ukrainian National Cuisine is a combined heat treatment of the vegetables and meat in the oil or butter, so called “Ukrainian frying”, and only after that, stewing, boiling or baking.

Some of our students will tell us about origin and historical development of **the Ukrainian Cuisine.**

Student 1: Ukrainian Cuisine is quite regional. That is why the same traditional dish, for example Ukrainian Borshch, tastes differently and prepared differently in every region. For every national cuisine the place, where food is cooked, has the great influence. In Ukraine such a place was an oven, fire of a closed type. That is why Ukrainian Cuisine mainly uses the techniques of boiling, stewing and baking. Even Cossacks, after shooting a game, were trying to make a bouillon out of it, but not to fry it, which is more typical for Germans, for example.

Student 2: Ukrainian Cuisine borrowed some techniques from neighbors, for example Polish, Tatar and Turkish Cuisines, partially modifying them. For example, frying of products in the overheated oil or butter, which is peculiar for the Turkish Cuisine, was regenerated into the “Ukrainian frying (so called “paseruvannia”) browning of vegetables which are used for borshch or second courses.

Student 3: From Germans Ukrainians borrowed ground meat (“sichenyky”) – Cutlet type dishes out of ground meat, eggs, vegetables, mushrooms, and so on. From Hungarians Ukrainians borrowed the usage of paprika.

Teacher: Ukrainians prefer to eat at home, leaving restaurants for special occasions and generally avoid exotic meats and spices. The traditional Ukrainian food includes pork, beef, chicken, fish and mushrooms. Ukrainians eat a lot of potatoes, grains, fresh and pickled vegetables. Popular ingredients in the cuisine of Ukraine are berries, fruits and herbs.

Student 4: If to talk about meat, pork is widely spread in Ukraine, comparing with beef, which is more typical for Cuisine or mutton for Tatar. Oxen were more like the working animals in Ukraine, and their meat was not as tasty and soft as the pig’s meat. It has also been considered not as clean as pork.

Student 5: I want to say some words about potato. Potatoes became widely spread in Ukraine in 18-th century. Even though it didn't become "second bread", like in Belorussia, but became very popular and used in first, second courses and garnish for fish and meat dishes.

Also, potatoes began to be used in getting starch, used for preparing different types of sweet dishes, including "kissel" – a sweet drink, resembling thin jelly.

Student 6: In 18-th century sunflower and mustard appeared in Ukraine. This played an important role in the development of the Ukrainian Cuisine. Sunflower oil began to be widely used instead of the imported Greek olive oil. Mustard is used for making oil and spices for meat and other dishes.

Nowadays sunflower oil supplanted nearly all other oils. There are two types of sunflower oil widely used: hot extracted with a strong peculiar smell of fried sunflower seeds (it is favorite type among Ukrainians, used mainly in salads), and cold extracted type, used for frying; it is better known and used abroad.

Teacher: Ukrainian food is one of the richest national cuisines. Its dishes are well known far away from Ukraine. And the Ukrainian recipes of the foods are very popular nowadays. Ukrainian cuisine has dozens thousands of food recipes, which are characterized with plane food cooking and high taste qualities. The modern national culinary art preserved and enriched the old good traditions. Let's acquaint with some famous Ukrainian dishes:

Student 7: Is anyone, who doesn't know the Ukrainian Borshch?

The most popular and well-known Ukrainian dish is surely Borshch, an aromatic and appetizing cabbage-soup of some 20 (twenty) ingredients. It may be cooked with beef, chicken or pork, baked beets, beans and mushrooms. Borshch is served as the main course with sour cream and pampushki, soft rolls, soaked in garlic.

Student 8: I want to add some information about Ukrainian Borshch.

Borshch is certainly the national dish of Ukraine, even making its appearance on the menus of Chinese and Italian restaurants in Kyiv. This uniquely Ukrainian soup has been adopted by other countries in the region, but as recently as 45 years ago it could not even be found in restaurants in other Soviet Republics.

The many versions of borshch served throughout the country reflect the individuality of Ukrainians as well as their ingenuity. The beet-based soup can contain as many as 20(twenty) different ingredients, depending on the season, region, and of course, personal preference of the cook.

Student 9 : In Ukrainian food borshch occupies the first place, but not the single one. Traditional in the Ukrainian menu are Holubtsi.

Holubtsi are stuffed cabbage rolls, filled with rice, carrots and minced meat. Cabbage leaves are steamed to make them soft and then the filling is added. The

holubtsi are placed in a large pot, covered with tomato soup or sauce, and baked. The word “holub” in Ukrainian means “dove”, and holubtsi are in the shape of a dove.

Student 10: Traditional in the Ukrainian menu are varenyky, a type of boiled dumplings with various fillings: potatoes, meat, mushrooms, chopped liver, sauerkraut, curd, cherries and other berries.

Student 11: the most popular and favorite meat product in Ukraine is a pig’s fat, in Ukrainian – “Salo”. Salo is used fresh, salted, smoked, fried, boiled, stewed and is a fat-base of a lot of dishes. It is eaten in thin slices on black bread with garlic and salt.

By the way, do you know that it is impossible to oversalt salo. You could put as much salt as you like on it for salting, but it will take as much salt as it needs, not more and not less.

Student 12: A popular and well-known Ukrainian dish is “Kholodets”. It is a brawn, made from boiling pigs’ trotters. The meat is picked off the bone and the gravy sets around it into a jelly as it cools. It is served with horseradish or mustard.

Student 13: I like “Deruny”. They are pancakes, made from grated potato and flour, and fried. Deruny are served with sour cream.

Student 14: I want to say about “Nalysnyky”. Nalysnyky are pancakes, often made with soured milk for a lighter batter. Thinner pancakes are called nalysnyky. They are rolled and served with a stuffing, usually curd, or fruit, or jam.

Student 15: The proud of Ukrainian people is wheat bread, sweet-smelling and light. Bread is of course the mainstay of the Ukrainian Cuisine. The country’s reputation as the “breadbasket of Europe” is well deserved. The French writer Honore de Balzac, who lived in Ukraine for four years, counted 77 different ways of preparing bread.

It is such a central part of the cuisine here, that there is a custom to give honored guests and departing or arriving travelers the gift of a loaf of bread and salt. This tradition is still used in welcoming ceremonies for dignitaries and other important persons.

Student 16: I want to say that there are many kinds of drinks in Ukrainian menu too. Main national Ukrainian drinks came out by the way of the natural fermentation, for example honey, beer, kvass and grape wines. Horilka and different liqueurs appeared in 14-th century. Other popular drinks in Ukraine are: stewed fruit (“uzvar”), juices, milk, buttermilk, mineral water, tea and coffee.

Student 17: Ukrainian Cuisine has a variety of dairy meal as well as sweet pastry, including doughnuts, cakes and other cookies. Among the traditional sweet foods

the most popular are “uzvar”(stewed fruits) and jellied fruits. To prepare sweet dishes are used plums, apples, pears, apricots, cherries, black and red currants, strawberries, wild strawberries, raspberries, honey and nuts. Ukrainian Cuisine was always famous for the big number of foods with fruits and berries, raised on the Ukrainian lands.