

Ukrainian cuisine



- **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.**



The Ukrainian food is characterized with large number of components. For example the traditional Ukrainian food – borsch – contains 20 components. The peculiarities have the thermal processing of the products of the dishes. As a rule, there are used several types of thermal processing for the preparing of the food (frying, boiling, stewing, baking).. The recipes of the Ukrainian cuisine include the number of different fruits and vegetables, as well as meat, poultry, fish, mushrooms and berries. The most common meat product is pork. The meat is present in large amount in first courses, among which the major one is borsch.



- In Ukrainian food borsch occupies the first place, but not the single one. The popular dishes are also cereals: millet, buckwheat, pumpkin etc. The rather important place in recipes of Ukrainian food belongs to floury foods: curds, dumplings, grechaniki, cottage cheese patty, potaptsy, pancakes, verguny, mandryky, puchkenyky and others. The rich assortment of egg dishes (fried eggs with “salo” (fat) and sausage etc).

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



- 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





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