

UKRAINIAN CUISINE



Borscht



Borscht is a soup of Ukrainian origin that is popular in many Eastern and Central European countries. In most of these countries, it is made with beetroot as the main ingredient. In some countries, tomato is used as the main ingredient, while beetroot acts as a secondary ingredient.

Rosolnyk



Rosolnyk — the first liquid food, an essential element of which is salty cucumbers.

The structure may also include meat, pluck, different cereals (rice, buckwheat, barleys), vegetables (potato, carrot, onion, roots parsley, saler or parsnips), spices and greens.

Olivier salad



Olivier salad is a traditional salad dish from Russia, which is also popular in many other European countries. It is made with diced potatoes, vegetables, eggs, and sometimes ham and is dressed with mayonnaise. Worldwide, the dish is commonly referred to as Russian salad, although this term can connote with Vinegret.

Paska (bread)



Paska is made with milk, butter, eggs, flour, and sugar, except in Romania, where the recipe most commonly includes sweet cream, cottage cheese, and/or sour cream along with eggs, sugar, raisins, and rum. An egg and water mixture is used as a glaze.

Korovai



The korovai is a traditional Ukrainian, Russian and Polish bread, most often used at weddings, where it has great symbolic meaning, and has remained part of the wedding tradition in Ukraine, Russia, Belarus, and by the Ukrainian diaspora. Its use in Russia, Belarus and Ukraine dates back to hospitality and holiday customs in ancient Rus.

Syrniki



Syrniki are made from creamy quark, mixed with flour, eggs, and sugar, sometimes adding vanilla extract. The soft mixture is shaped into cakes, which are fried, generally in vegetable oil. The outside becomes crisp, and the center is warm and creamy. They are sweet and served for breakfast or dessert. Their simplicity has made them very popular in Eastern Europe.

Cabbage roll



In Europe, the filling is traditionally based around meat, often beef, lamb, or pork and is seasoned with garlic, onion, and spices. Grains such as rice and barley, eggs, mushrooms, and vegetables are often included. Pickled cabbage leaves are often used for wrapping, particularly in Southeastern Europe. In Asia, seafoods, tofu and shiitake mushroom may also be used and Chinese cabbage is often used as a wrapping.