

# Traditional cuisine:

England, Russia and Mordovia

# The features of English cuisine:



- ◉ The features of English cuisine
- ◉ English cuisine includes, traditions, styles and recipes associated with England;
- ◉ It has distinctive attributes of its own;
- ◉ It also shares much with wider British cuisine;
- ◉ There was a large importation of ingredients and ideas from North America, China and India during the time of the British Empire and a result of post war immigration.

# The features of Russian cuisine:



- Russian cuisine - traditional cuisine of the Russian people. Her dishes and flavor accents vary depending on geographic location. Russian cuisine has absorbed elements of ancient Slavic cuisine, and dishes of different peoples living in Russia. A distinctive feature of Russian peasant cuisine - practically does not occur such as frying technique. As a rule, the food is cooked in the oven, so it is widely used boiling, stewing, roasting. Also for Russian cuisine is characterized by harvesting vegetables and fruits using pickling, salting and curing. However, modern versions of Russian dishes where frying is an equal cooking process along with the rest. In particular, frying pancakes and fritters are exposed, eggs, many kinds of meat dishes.

# The features of Mordovia cuisine:



- Mordovia national cuisine is basically healthy, it does not tolerate hot spices: vinegar, mustard, it is - natural, vegetable, dairy, and consists of all leavened. The products are mostly used in a natural way. According to its traditional raw food kitchen Mordovia, as part of the Finno-Ugric, very simple, but is now relatively easily available: red fish, eggs, freshwater fish, hare, tights; berries: cranberries, strawberries, blueberries, cranberries, brambles, crowberry, cloudberry; mushrooms; game: capercaillie, black grouse, partridge, grouse; honey, wild herbs.
- A characteristic feature is the abundance of food Mordvinian fish and meat dishes.



# English breakfast:

- ◉ In the UK, the classic breakfast includes fried eggs, scrambled or poached egg with bacon and sausage, mushrooms, tomatoes and fried bread, pudding and toast. Currently, however, the traditional English breakfast is more likely to eat only on weekends or holidays.



# Russian breakfast



- Usual breakfast includes scrambled eggs, sandwiches, corn flakes or something like that. But, of course, there are some traditional Russian dishes. For example, cheesecakes. Cheesecakes made from dough containing lots of cottage cheese in a pan. They are usually served with sour cream and sugar. Other morning meals are pancakes and crepes. Pancakes - it is almost the same as the English pancakes. In Russia they are served with butter and sugar, and sometimes honey. Pancakes same - it is a very thin pancakes. They, of course, are made from other test. The thinner pancake, the tastier. In addition, there are spring rolls. There are many different fillings. For example, pancakes with cottage cheese, meat, jam. If you are in Russia during Shrovetide, you can try different kinds of pancakes, as this holiday pancakes are considered main and necessary dish. Here, try the pancakes with caviar - the most luxurious version of this dish. Russian really love caviar and serve it on many holidays.

# Mordovia breakfast:

- Mordvinian traditional breakfast consists of soup, or as it is called in Mordovia "shongaryan"



# English dinner:



- ◉ Brunch, lunch or dinner many Englishmen spend in restaurants, because to go home for lunch is not accepted. It can include meat or fish, salads, potatoes, fruit dessert pudding.
- ◉ As a first course, which actually in England are not very common, are considered soups and broths, but more often they are still transferred to the evening meal.
- ◉ Also popular at lunchtime considered closed sandwiches or sandwiches with pate, pork, ham, fish and other ingredients.
- ◉ Drinks during dinner can be a traditional tea or juices. Even on a weekday lunchtime some Englishmen drink draft beer - porter or black ale.



# Russian dinner:

- Dinner consists of several courses. Since the times of Soviet cafeterias they are called first, second and third. First - this soup. Second course includes meat and garnish. The third is called in Russia A drink for dinner. Usually this is tea, coffee, juice or compote. Sometimes third course includes a dessert. At work, a formal dinner time is usually from noon until one o'clock in the afternoon. Home, for example at the weekend, dinner is usually later - three - four hours after noon.



# Mordovia dinner:



- Traditional lunch Mordovians consists of several dishes. Examples of these dlyud include: soup, tsemarat, Mordovia pancakes, shapam catcher and tuvon syvel Max Marty.

# English dinner:

- ◉ After a five-hour tea, which takes place with all the formalities, it is time to quite a late dinner. For some English families this is the main meal of the day is considered.
- ◉ In anticipation of dinner is usually served an aperitif - usually wine. Then, as a first course can be supplied to the soup, and can simply be prepared by several different hot dishes.
- ◉ At dinner, usually eat roast beef or steak, as a supplement to the second dish is vegetable appetizer (beans, corn, pickled vegetables, cauliflower, etc.). To each dish offered sauces. At the end of the meal is usually served something sweet to drink British favorite - tea.





# Russian dinner:



- At dinner the whole family gathers together, and this is probably the longest and enjoyable meal of the day. Dinner usually begins about seven o'clock in the afternoon and can last for several hours. At the table, discuss the latest events, family members share experiences with each other. It is usually invited for supper guests. During dinner, you have a wonderful opportunity to meet with Russian cuisine.



# Mordovia dinner:

- Basis Mordvinian make dinner dishes from offal, such as peasant woman, pyanti, Pure and all meat with meat.

