



# Национальная бурятская кухня

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The dairy products in the Buryat cuisine is used in different forms. The meal of milk throughout the life was accompanied by a man. Milk and all milk products - one of the most revered product. The Buryats, like all of the mouvehouse peoples. There are more than a dozen cases of ritual use of milk.

We have the dairy products always in the dishes, with which start any festive reception. As the Russians to meet the guests with bread and salt, so the Buryats with milk or other dairy food. This custom is called «sagalkha» to taste the white food (milk and dairy products).

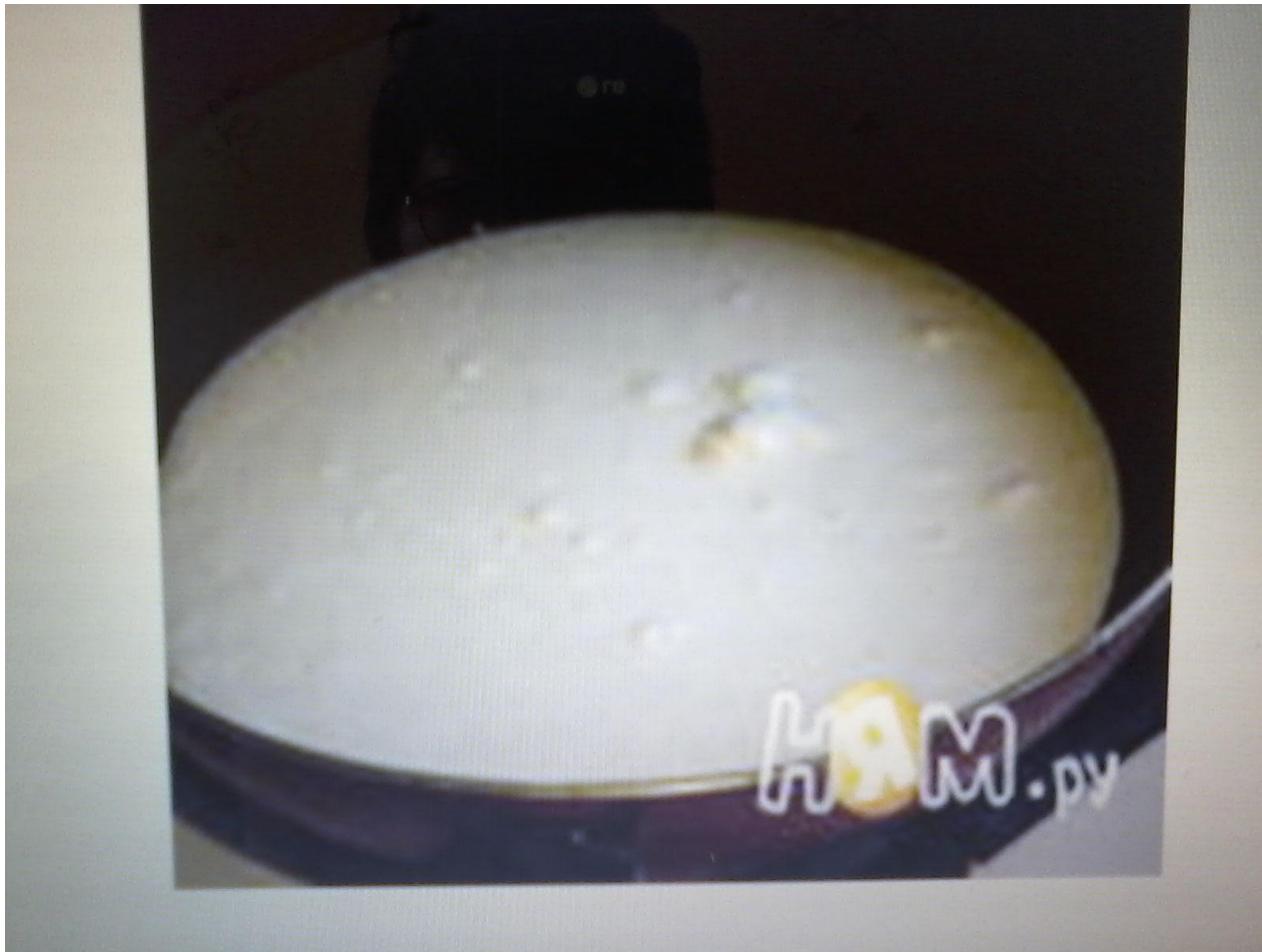
The Buryat writer African Balbuurov in the book «My twelve jewels» writes: «The Buryats is an ancient custom: first of all put something dairy on the table, either sour cream, cream, either milk for the guest. It begins with any meal. We drink a tea with milk. It said: «Tea with milk for a friend!»

## A dairy foods

- A milk
- A sour cream
- A curd cheese
- Salamat
- A milk vodka



A sour cream



The ingredients of salamat: a flour,  
a sour cream and a glass of hot water.



A boil of salamat.





The traditional dish – pozy, is known in Russia. The art of cooking pozy always been highly appreciated by the Buryats and is the subject of legitimate pride of the people.



“The sky's food”.



The name of “toolei” comes from the phrase “the sky's food”. It's mean that we offer a sheep's head.

This is a ritual dish during the wedding.

On a large flat dish in the center is prepared by the head, with meat in a both parties and also with the ribs





# Kumys (koumiss)



Koumiss is a tasty milk drink.

It is prepared by fermentation of Mare's milk.

Fermentation takes place under the influence of yeast, containing sour milk kumis's yeast.

# Kumys clinic in Alar.







This gadget is need  
for the preparation  
a milk vodka  
(tarassun) from  
sourred milk.

A wooden dishes in the yurta.





# The heart in the yurta.





- Good appetite!

Thank you very much.