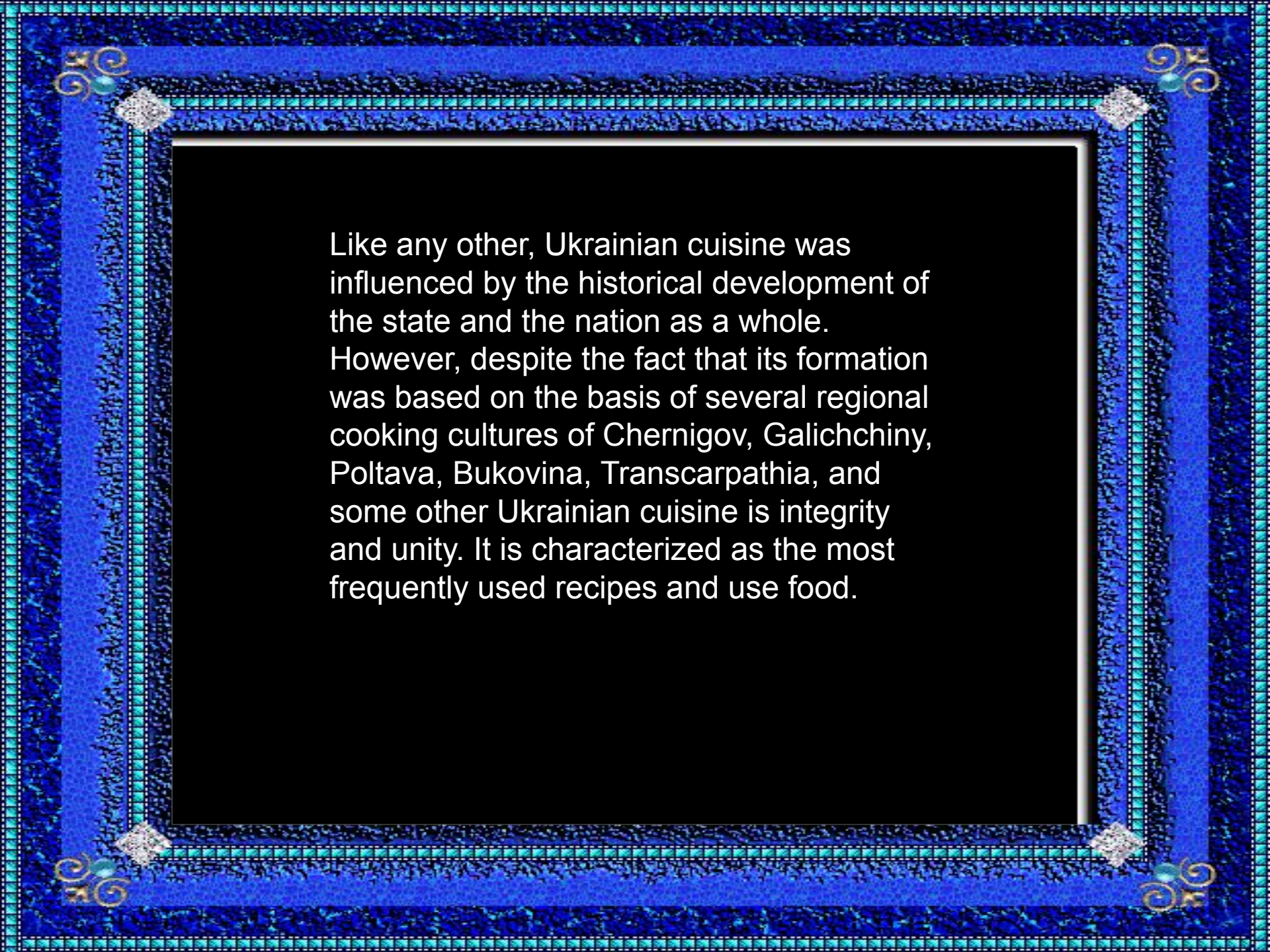


**Украинск
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**традиционная
кухня**

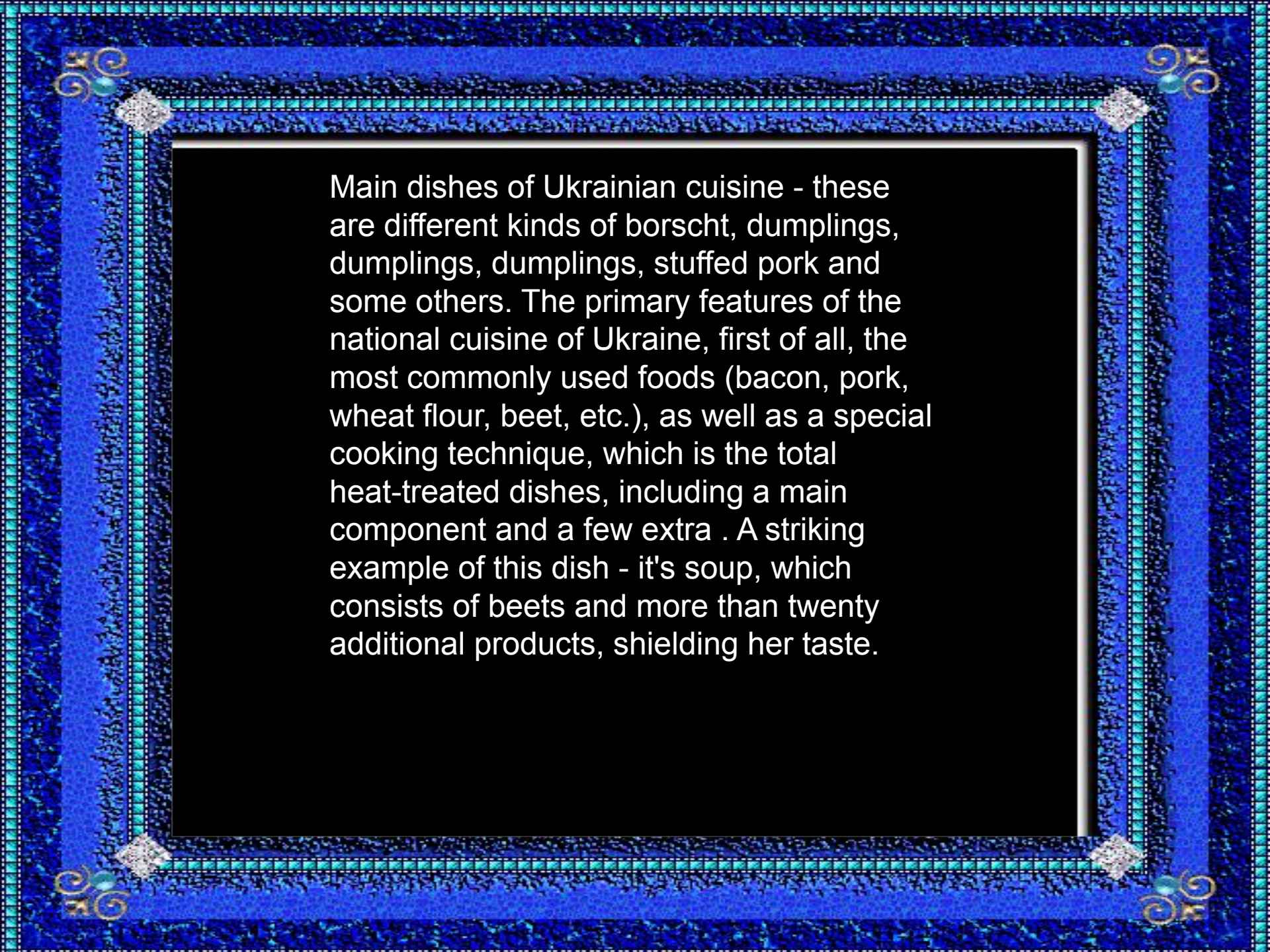




Like any other, Ukrainian cuisine was influenced by the historical development of the state and the nation as a whole. However, despite the fact that its formation was based on the basis of several regional cooking cultures of Chernigov, Galichchiny, Poltava, Bukovina, Transcarpathia, and some other Ukrainian cuisine is integrity and unity. It is characterized as the most frequently used recipes and use food.





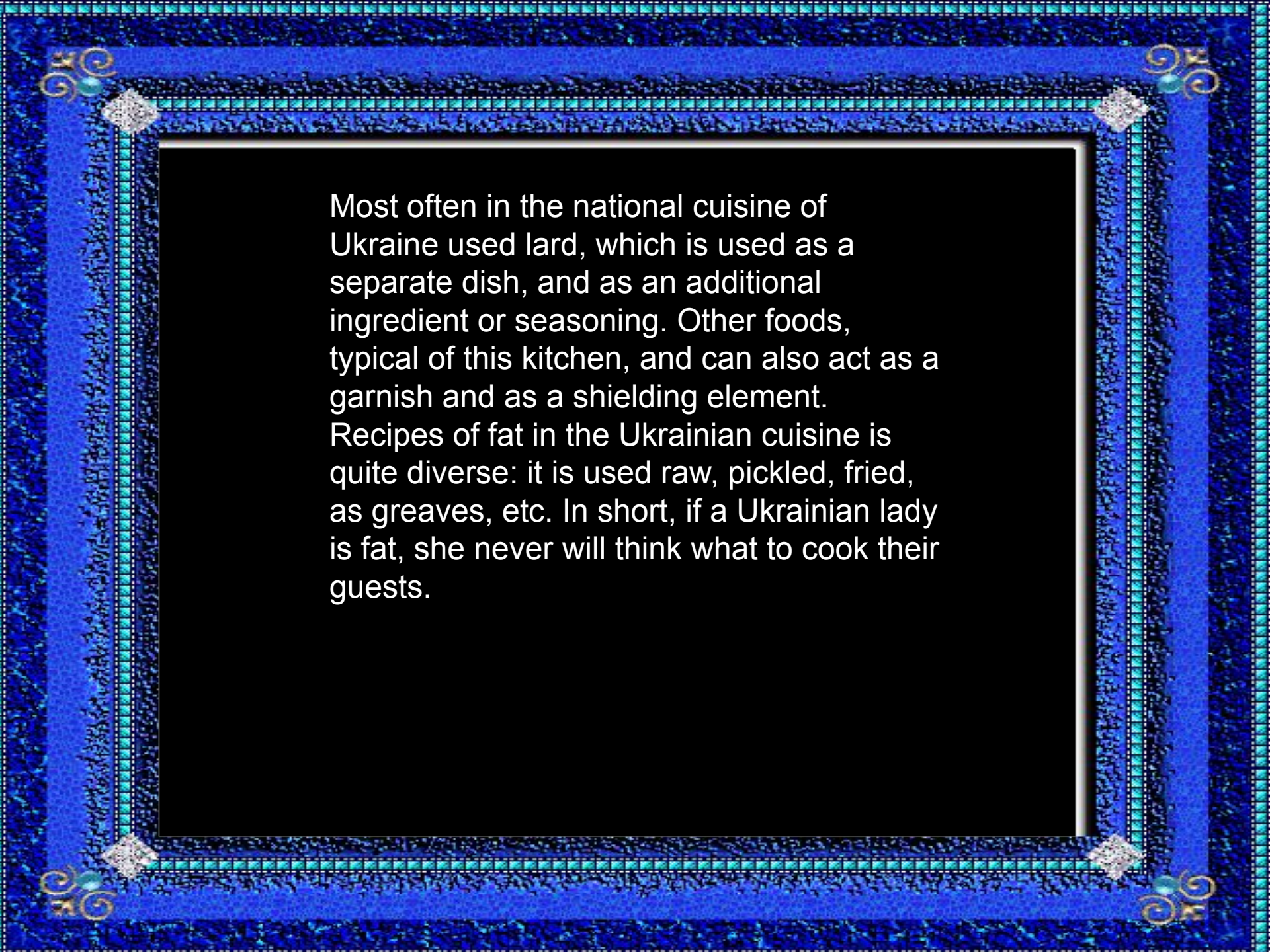


Main dishes of Ukrainian cuisine - these are different kinds of borscht, dumplings, dumplings, stuffed pork and some others. The primary features of the national cuisine of Ukraine, first of all, the most commonly used foods (bacon, pork, wheat flour, beet, etc.), as well as a special cooking technique, which is the total heat-treated dishes, including a main component and a few extra . A striking example of this dish - it's soup, which consists of beets and more than twenty additional products, shielding her taste.



ЮЖНЫЙ КРЕСТ





Most often in the national cuisine of Ukraine used lard, which is used as a separate dish, and as an additional ingredient or seasoning. Other foods, typical of this kitchen, and can also act as a garnish and as a shielding element. Recipes of fat in the Ukrainian cuisine is quite diverse: it is used raw, pickled, fried, as greaves, etc. In short, if a Ukrainian lady is fat, she never will think what to cook their guests.



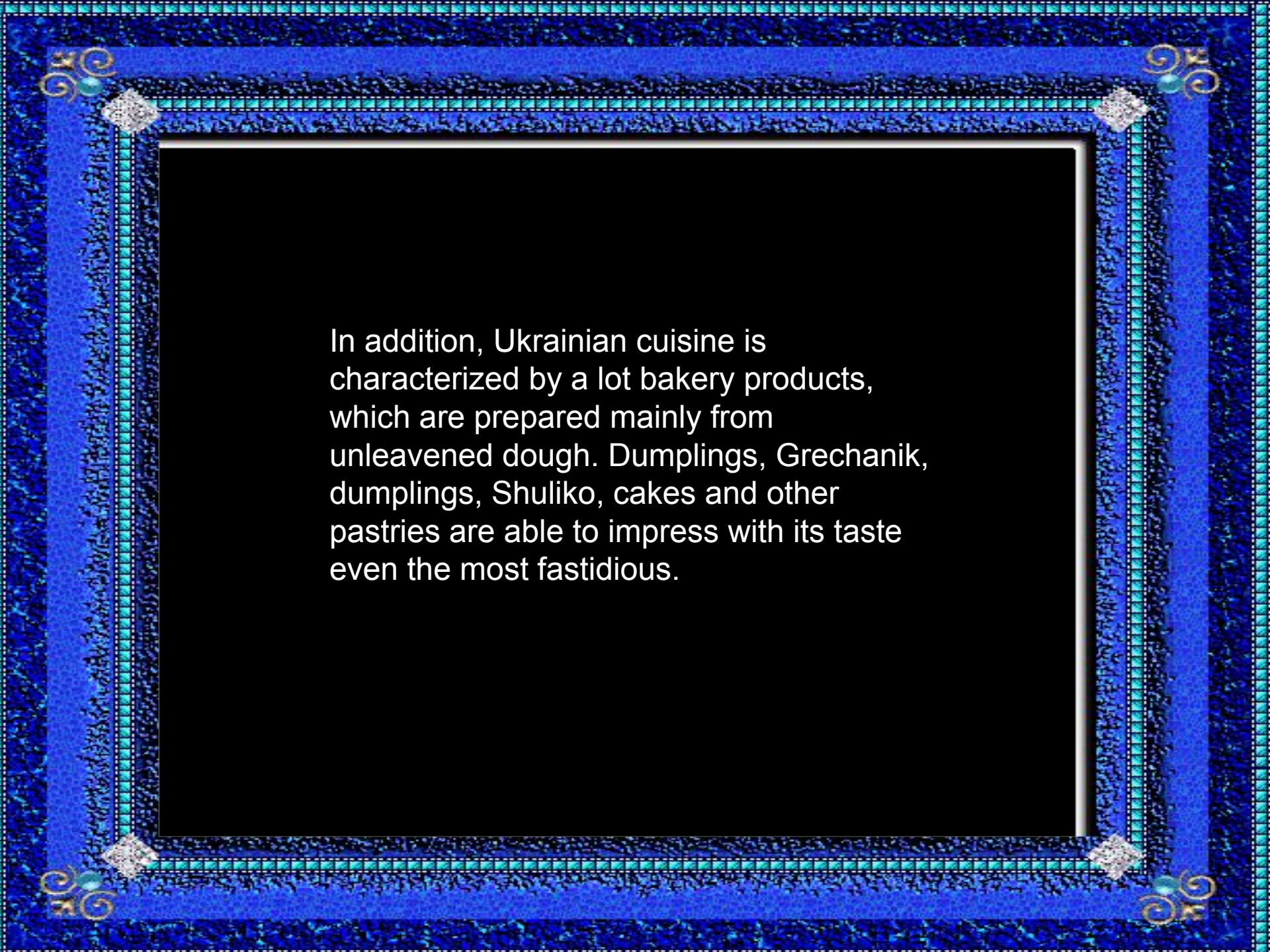
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In addition, Ukrainian cuisine is characterized by a lot bakery products, which are prepared mainly from unleavened dough. Dumplings, Grechanik, dumplings, Shuliko, cakes and other pastries are able to impress with its taste even the most fastidious.



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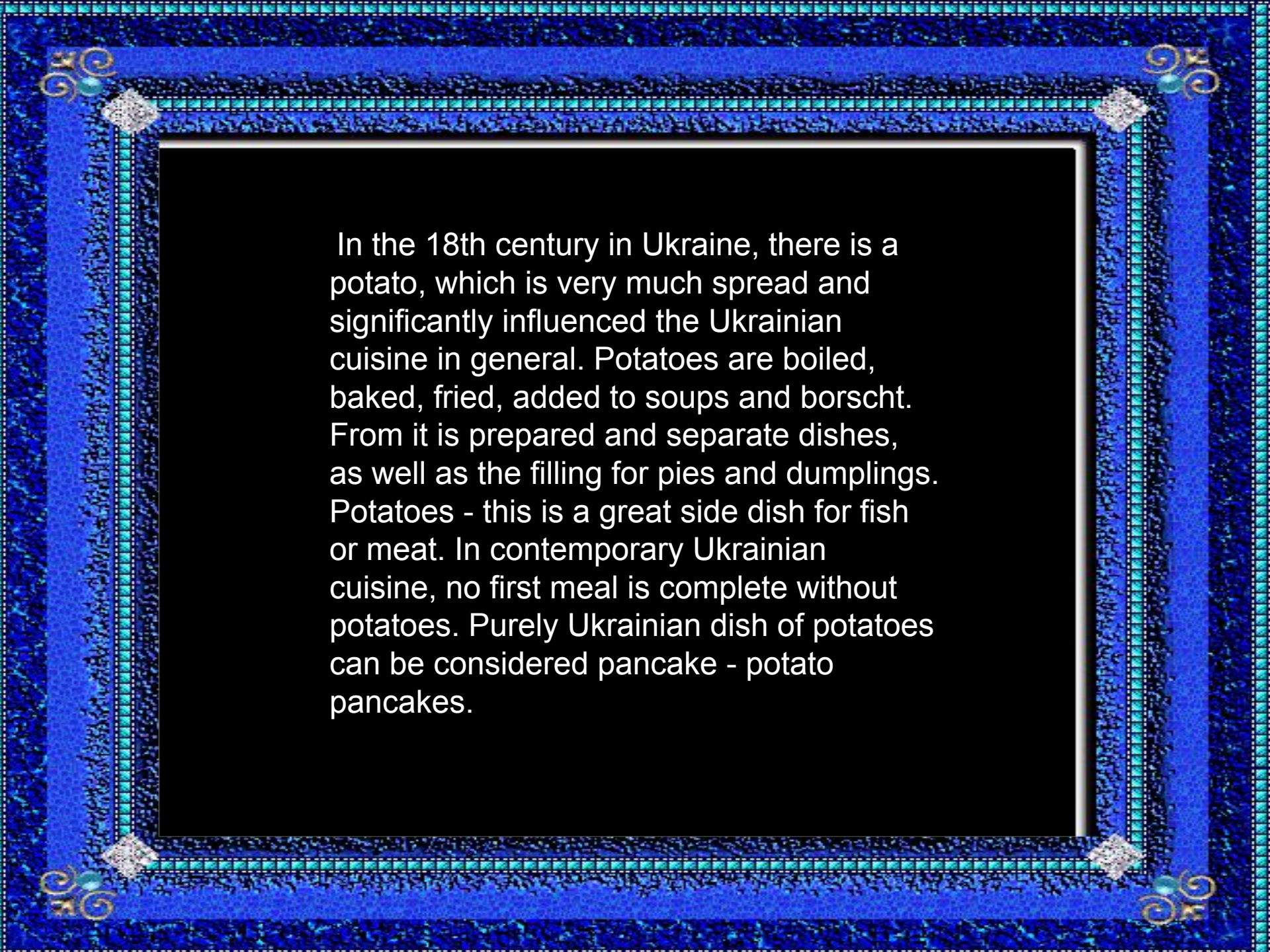


Особенности
национальной
кухни



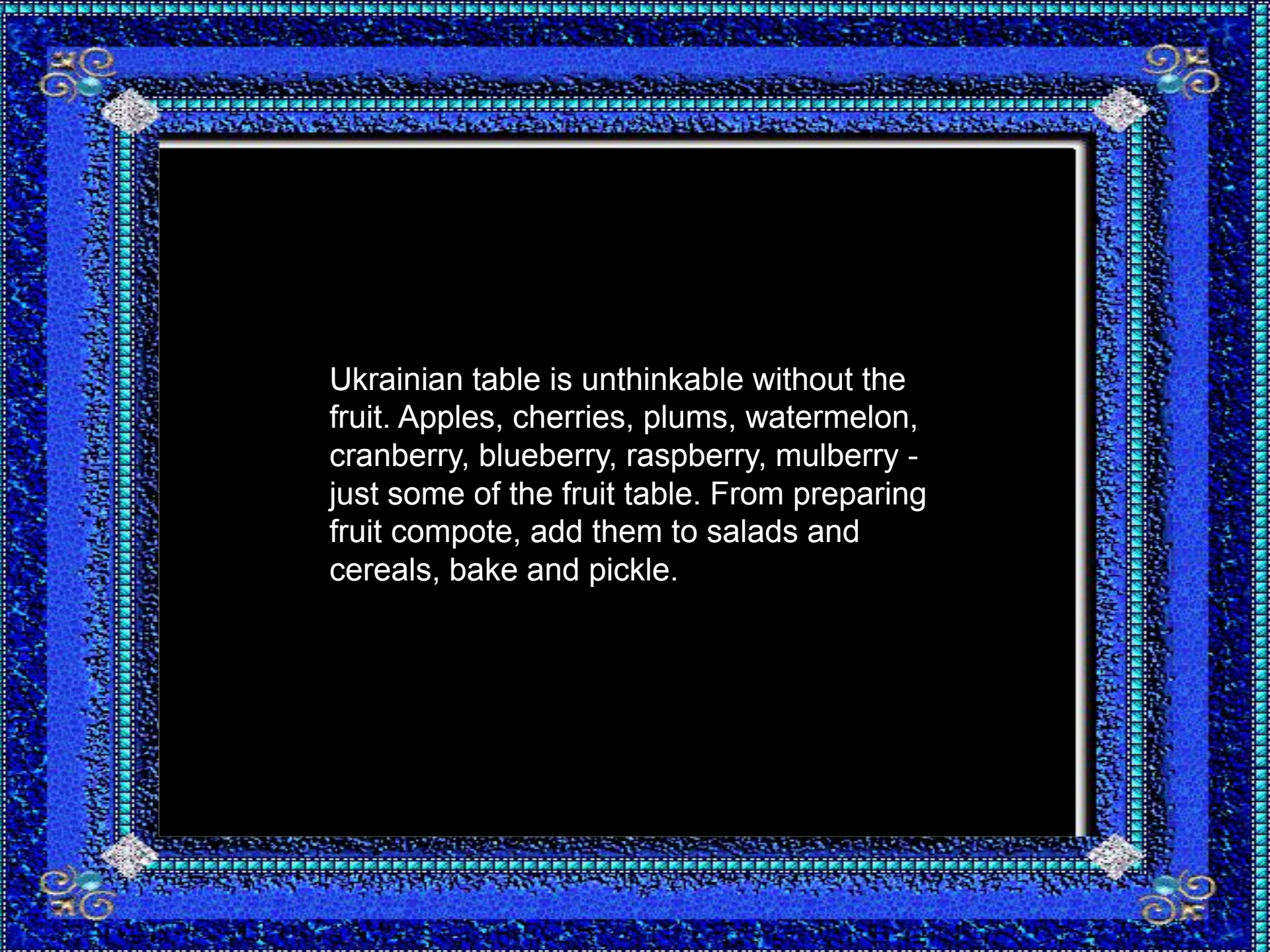


A very important part of the Ukrainian cuisine can be considered as vegetable dishes. The use of vegetables in general tend to Slavic cuisines. Potatoes, cabbage, beets, zucchini, eggplant, carrots, cucumbers, tomatoes, radishes are widely used as a composite consisting of various dishes and in salads or as side dishes to main courses, greatly enriching the diet with vitamins and trace elements. And by way of careful preparation of vegetables retain their useful qualities. Dishes such as pumpkin porridge with semolina, pumpkin with plantain, potatoes, garlic, beets, stewed in sour cream, potato and cheese Granny, "tattered" potatoes, have become part of contemporary Ukrainian cuisine, enriching its flavor palette.



In the 18th century in Ukraine, there is a potato, which is very much spread and significantly influenced the Ukrainian cuisine in general. Potatoes are boiled, baked, fried, added to soups and borscht. From it is prepared and separate dishes, as well as the filling for pies and dumplings. Potatoes - this is a great side dish for fish or meat. In contemporary Ukrainian cuisine, no first meal is complete without potatoes. Purely Ukrainian dish of potatoes can be considered pancake - potato pancakes.






Ukrainian table is unthinkable without the fruit. Apples, cherries, plums, watermelon, cranberry, blueberry, raspberry, mulberry - just some of the fruit table. From preparing fruit compote, add them to salads and cereals, bake and pickle.



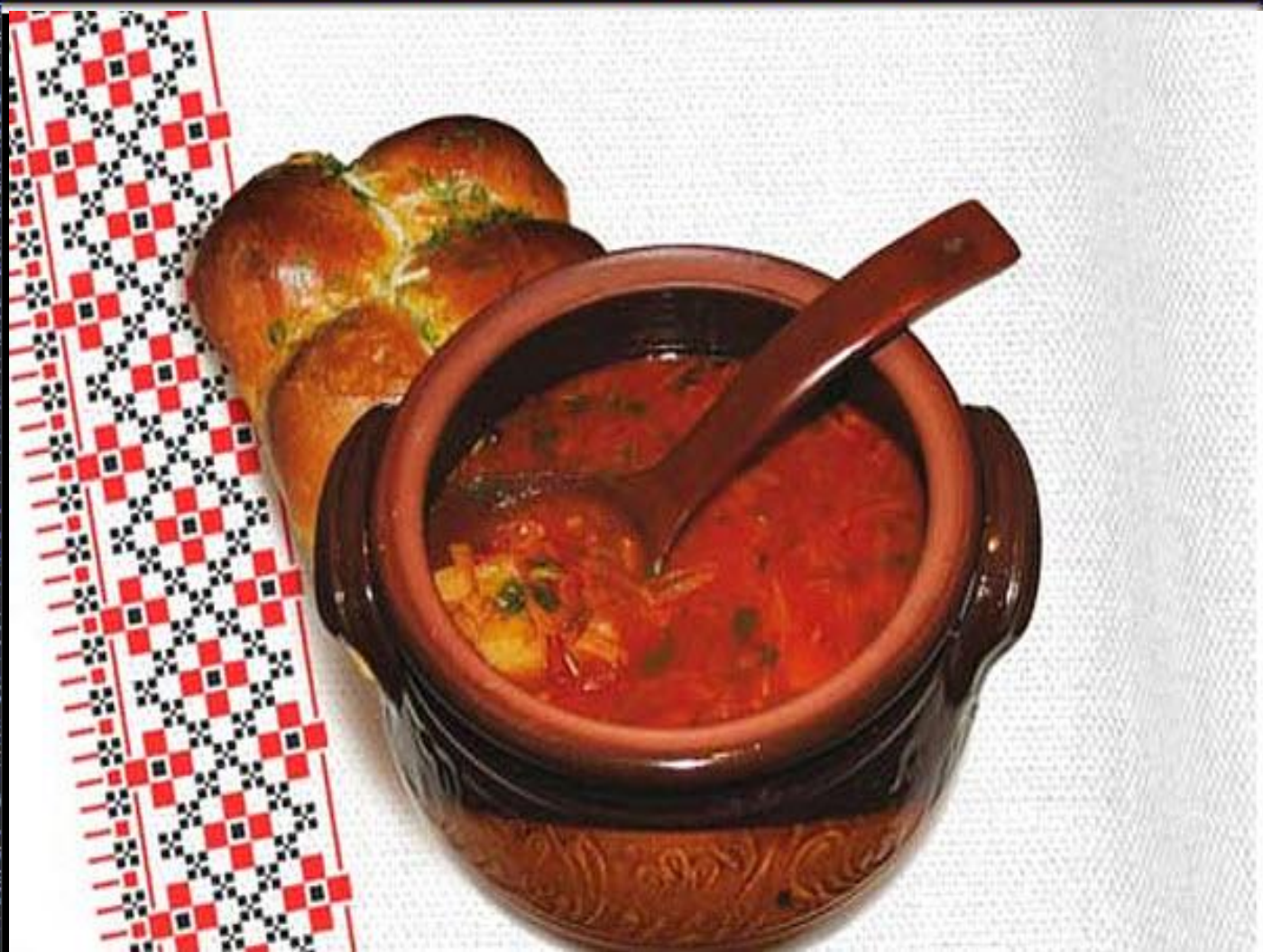
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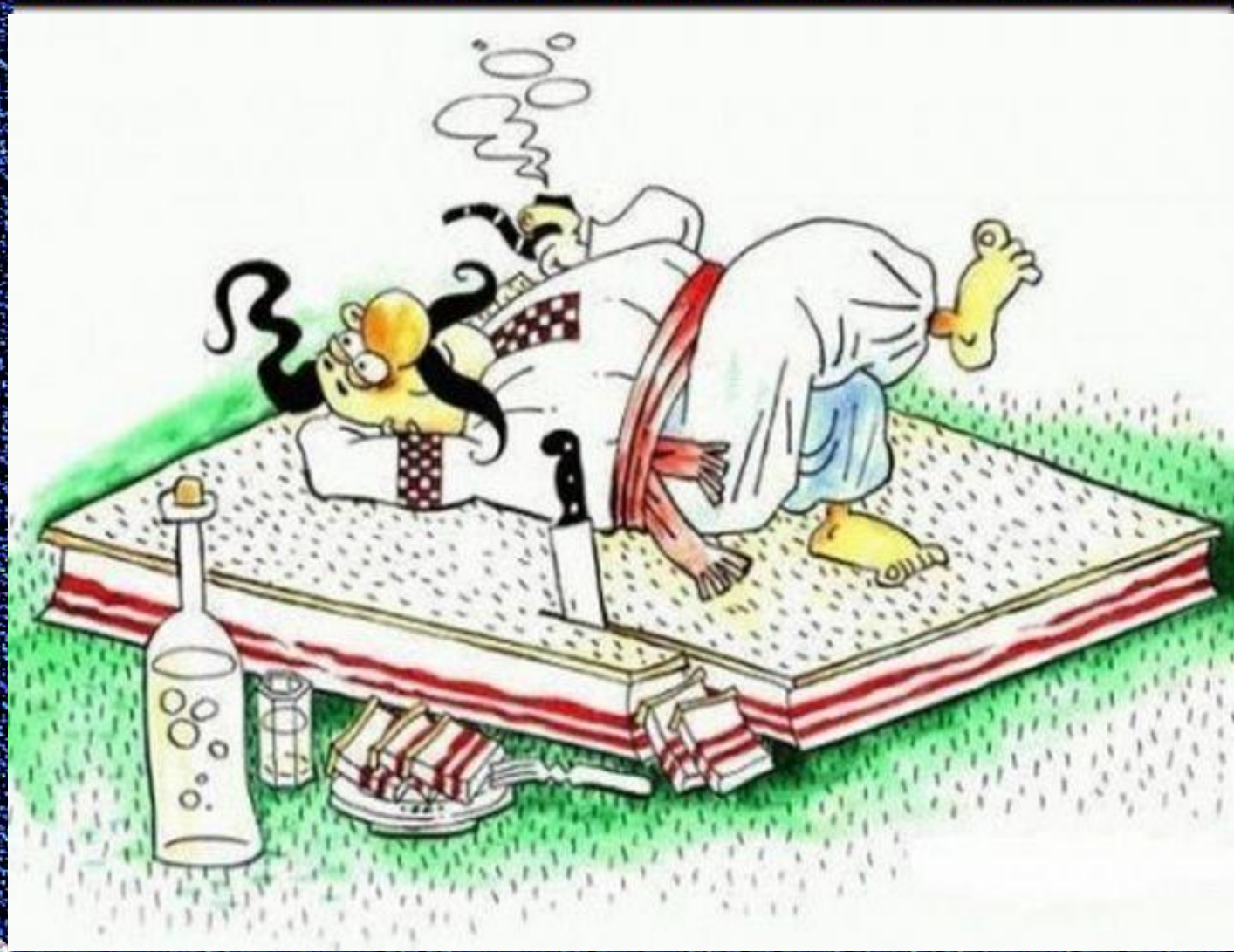


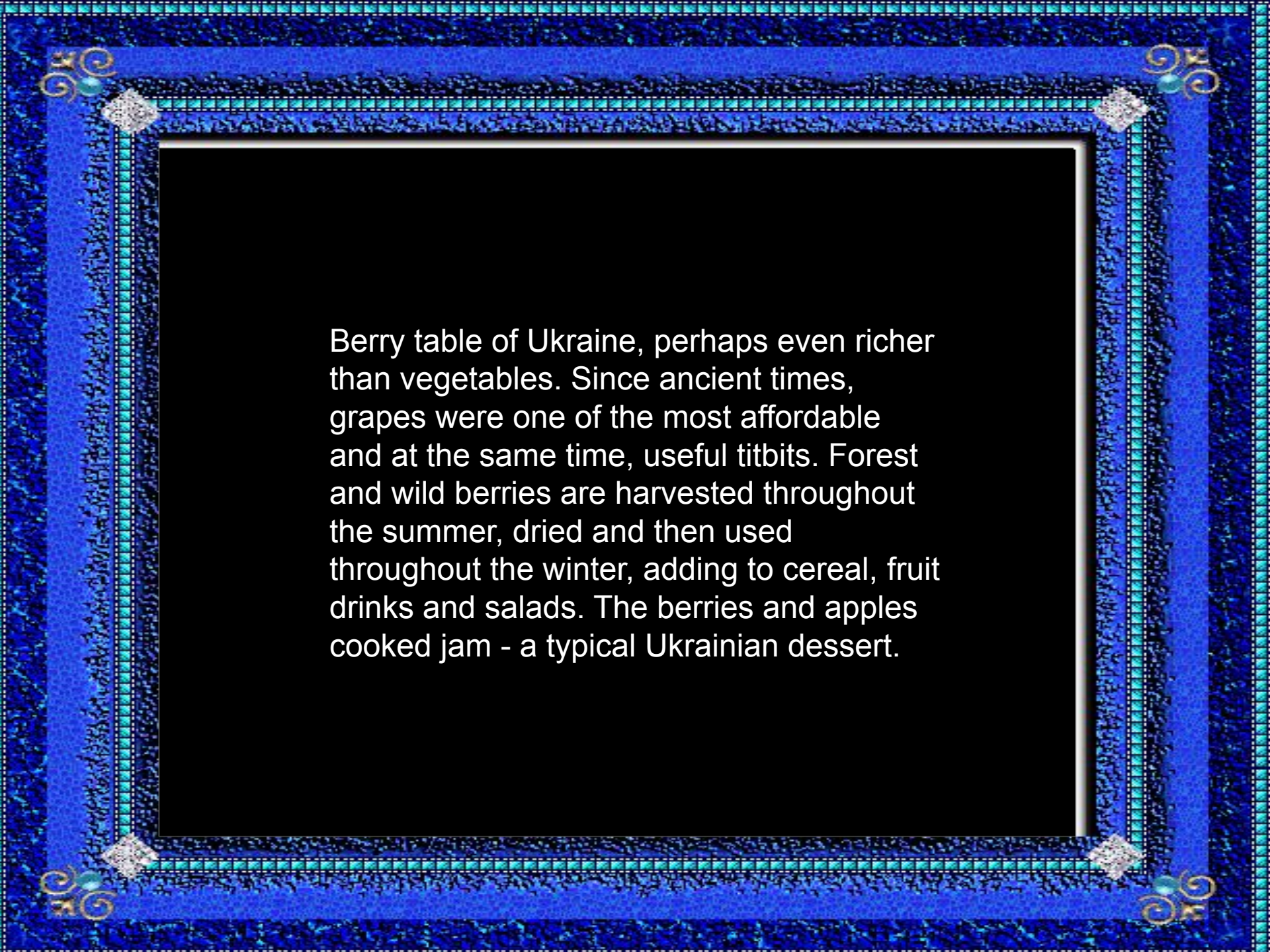


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Berry table of Ukraine, perhaps even richer than vegetables. Since ancient times, grapes were one of the most affordable and at the same time, useful titbits. Forest and wild berries are harvested throughout the summer, dried and then used throughout the winter, adding to cereal, fruit drinks and salads. The berries and apples cooked jam - a typical Ukrainian dessert.







