

# Soup:

- Borshch (*borshch*) is a vegetable soup made out of beets, cabbage, potatoes, tomatoes, carrots, onions, garlic, dill. There are about 30 varieties of Ukrainian borscht soup, and the dish often includes meat. In Ukrainian cuisine, it can be a vegetable soup or based on either chicken or other meat bouillon. Traditionally borshch is served with pampushki and smetana. Main ingredients include specially prepared red beets, potatoes, carrots, beans (e.g. broad beans, green runner beans, butter beans or other varieties), celery, fresh or dried mushrooms (optional), herbs (e.g. fresh dill and/ or parsley), chopped cabbage, chopped fresh tomatoes or tomato sauce.

- › **Kapusniak** - Cabbage soup is a filling vegetable soup of sauerkraut and/or white cabbage(s). There are different types of cabbage soup, prepared with different ingredients. Vegetarian cabbage soup uses mushroom stock and there is another variety using a fish stock. Traditional cabbage soup is prepared using a pork stock. Kapusniak is served hot, in some regions with sour cream and sprinkled with chopped parsley and dill. In Ukraine kapusniak is served at weddings, wakes and funerals as a main dish.

- **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. Serves with cream.

- **Sorrel soup** (*Green borsch*) - is a soup made from water or broth, sorrel leaves, and salt. Other possible ingredients are egg yolks or whole eggs (hard boiled or scrambled), potatoes, carrots, parsley root, and rice. It can be served hot or cold, and is usually garnished with sour cream. It is known in Russian, Polish, Ukrainian, Lithuanian, Latvian, and Eastern European Jewish cuisines

# Varenyky

- No less typical Ukrainian dish is varenyky. In some ways similar to their preparation Siberian pelmeni or Caucasian manta rays, but the fundamental difference is that instead of stuffing dumplings in commonly used vegetative, vegetable or berry stuffing. For example, there are varenyky with cherries, potatoes, cabbage or curd.

# Bread

- The centerpiece of Ukrainian ration takes the bread that is baked from rye and wheat flour. All this prepared using sour sourdough and baked in a traditional oven. Also sour, there is unleavened bread, which in Ukrainian cuisine are several types. From unleavened dough, for example, make galushki. In confectionery products often use shortcrust pastry.

# Salo

- When it comes to the Ukrainian Salo is something of unsurpassed. They really eat it in all imaginable kinds. It comes almost to chocolate. Fat is salty, fried, raw and cooked, boil and smoked, it prepared almost all the rest of the food, they spy on meat less of selected breeds of animals, it is paired with molasses and honey. Even desserts fry! Well the fat of the fact that this product is totally некапризный. It is stored for a long time it easy to handle and almost impossible to spoil.

# Kvass

- The main Ukrainian drinks for a long time were meads, kvass, beer, grape wine, gorilka (vodka) and various liqueurs. Kvass - the most popular drink that is good thirst quencher, contains vitamins B1 and E the set of enzymes and quite easy to cook. Usually kvass required grain crackers and kvass wort, which every woman saves for subsequent preparation of the beverage. Not only does a brew of bread. It can be made from berries or vegetables, however, and in the usual kvass is often added for taste horseradish, berries, apples, pears, mint or sea buckthorn.