



**Ukrainian**  
**food**

A photograph of a dining table set with various Ukrainian dishes. In the foreground, there is a bowl of red soup (borscht) with a lid, a plate of dumplings (varenyky), and a plate of bread. In the background, there are more dishes, including a bowl of green soup (shchi) and a plate of bread. The table is set with white napkins, glasses, and a green container for cutlery. The text is overlaid on the image in a bold, yellow font.

**UKRAINIAN FOOD IS ONE OF THE RICHEST NATIONAL CUISINES. ITS DISHES ARE WELL KNOWN FAR AWAY FROM UKRAINE. AND THE UKRAINIAN RECIPES OF THE FOODS ARE VERY POPULAR NOWADAYS.**

# Bread

- **Bread is the main food, which has been very important for Ukrainians for ages. There are many proverbs about bread in Ukrainian. For example:**
  1. *Bread is the head of everything. – Хліб – усьому голова.*
  2. *Bread is the master of everything. – Хліб – усьому пан.*
  3. *If you have bread and water, you won't be hungry. – Як є хліб та вода, то й немає голода.*
- **Ukrainians honor bread for centuries. It is very important in many traditions and customs. Bread symbolizes hospitality, comfort and kindness. Ukrainians meet dearest guests and relatives with bread and salt, they see newly-weds off with bread and bring bread to the home of new-born.**



# Borshch

Borshch is very popular soup in Ukraine. There are more than 30 recipes for cooking it and many kinds of Ukrainian borshch:

- ***Borshch with meat***
- ***Green borshch***
- ***Beetroot borshch***
- ***Borshch with pickled apples***
- ***Borshch with mushrooms and dried black plums***
- ***Cold borshch – “Holodnik”***
- ***Borshch with stuffed dumplings...***

Each region in Ukraine has its own peculiarities for cooking borshch, but main ingredients are stable: cabbage, beet, tomatoes, meat, onion, garlic, carrot and parsley. The combination of these ingredients makes this dish flavored and incredibly delicious.





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# Holubtsi

- Holubtsi are Ukrainian stuffed cabbage leaves. Fillings may be different: combination of meat and rice; meat and buckwheat; vegetables and grains and others.
- Holubtsi can be served with sour cream.



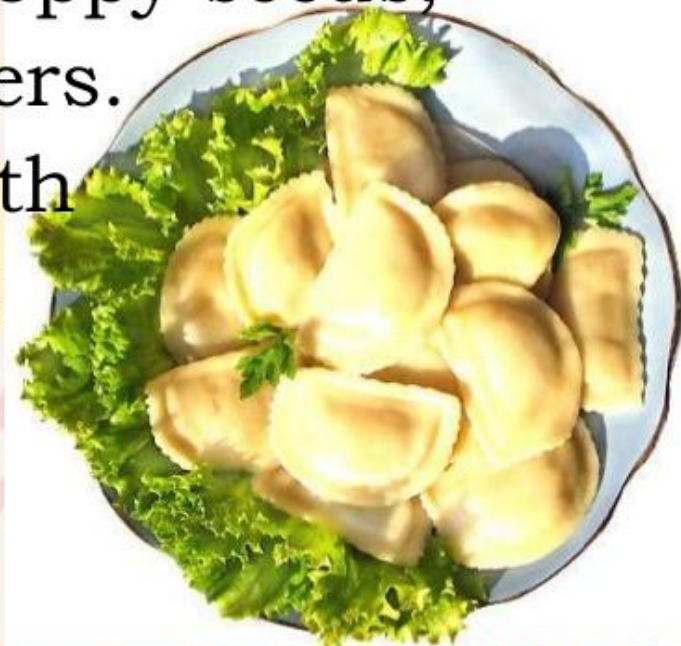


Luba

# Varenyky

Varenyky is one of the most widespread national dishes in Ukraine. They can be of different shape. We put different stuff inside: mashed potatoes, stewed cabbage, mushrooms, beans, curds, poppy seeds, berries, fish or meat and others.

Varenyky are often served with sour cream or butter. Sweet varenyky are served with sugar or honey syrup.







# Lard

The description of Ukrainian cuisine would be incomplete without lard – “salo”. Ukrainians usually salt or smoke lard. Salted lard can be stored in the fridge for a long period of time. But smoked lard hasn't such long best before term, nevertheless, it's got special delicate structure and unforgettable smoked aroma with a thin crust.





# Pampushki

- Pampushki are small round buns made of yeasty dough on the basis of rye, wheat or buckwheat flour and then baked in the oven. Pampushki can be stuffed with berries, jam or poppy; can be baked without any stuff and garlic on the top of a bun. Such buns we eat with borschch.





*Uzvar - sweet decoction with dried fruit, prepared on the eve of religious holidays - Christmas and Baptism. Uzvar is traditionally served with kutya. Uzvar was formerly one of the most traditional drinks. It was prepared in summer with fresh berries and in autumn, winter and spring - with dried fruit like cherries, apples, pears, apricots.*



*Kutya is one of the main Christmas dishes. Kutya is prepared for Holy Eve. Kutya includes wheat seeds, barley or rice with poppy seeds, nuts, honey and other*



*Vinegret is popular in Ukraine with various mixtures of raw and boiled vegetables: potatoes, beets, sauerkraut, salted cucumbers, carrots, beans, onions, spices. The main ingredient, without which there is no vinegret are beets. Served cold.*





*Cabbage soup - filling vegetable soup with sour cabbage. Cabbage soup can be cooked with mushrooms or pork fat. Cabbage can be cooked in an ordinary fish broth. Cabbage soup is served with sour cream and sprinkled with chopped parsley and dill.*



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**THANK YOU FOR  
ATTENTION**