

## GEORGIAN CUISINE (ГРУЗИНСЬКА КУХНЯ)

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*Розглянуто характеристику грузинської кухні. Проаналізовано структуру харчування грузинської кухні.*

Georgian cuisine is the national cuisine of the Georgian people. Many of Georgian dishes, such as tobacco chicken, kharcho, khachapuri, are widely known in the world and have become international. Georgian cuisine is based on the contrast of spicy and spicy. Vegetables are widely used, both as an independent dish, and as a complement to meat dishes. In Georgia, as in many countries of the world, there are regional cuisines, in particular, the cuisines of western and eastern Georgia differ.

In the cuisine of western Georgia, it is typical to use mchadi cakes made from specially ground corn flour and from a special type of millet – chumiza, which is used instead of bread with soups, meat and vegetable dishes. Gomei porridge is also cooked from cornmeal, which is eaten hot with cheese inside. In western Georgia, most of the meat ration is poultry, mainly turkeys and chickens. Geese and ducks are rarely cooked in Georgia. Western Georgian cuisine uses more spicy sauces. Thus, adjika contains up to 25% hot pepper, while in sauces in eastern Georgia up to 5%. Strong alcohol is served here with churchkhela, dried fruits, and fruits.

In the cuisine of eastern Georgia, the use of wheat bread is more common. As for meat, in eastern Georgia, along with the main meat for Georgians – beef – they also eat mutton, they consume quite a lot of animal fats. As a snack for strong alcoholic drinks, use salty and pickled vegetables.

The food culture of Georgia is clearly manifested during a feast called supra, which offers a large assortment of national dishes and a lot of wine. Such an action is accompanied by national dances, choral singing and can last for hours. During the supra, a toastmaster is chosen, who directs the entire event.

Georgian cuisine offers a wide selection of hot and sour sauces. Among the acidic phenomena, mainly juices and pulp of cream, thorns, pomegranates, blackberries, cornel or barberry are present. Boil juices for a third or half and add herbs and spices. Also a common ingredient in the sauce is cilantro, garlic and walnuts.