

MAIN FEATURES OF UKRAINIAN CUISINE (ОСНОВНІ ОСОБЛИВОСТІ УКРАЇНСЬКОЇ КУХНІ)

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Ukrainian cuisine is a characteristic style of cooking, practice and traditions associated with Ukrainian culture, culinary art in Ukraine. A lot of food products are subjected to a complex heat processing – at first they are fried or boiled, and then stewed or baked. This is the most distinctive feature of Ukrainian cuisine. This complex heat processing allows preserving the aroma of the dishes and gives them juiciness. Especially tasty and healthy are the dishes of meat and vegetables – cabbage rolls with meat, Volynian krucheniki, beef larded with beets, etc.

Main features of Ukrainian cuisine:

- significant consumption of dishes from flour and cereals, in particular dishes made from rye and wheat flour, pies, dumplings, pancakes, bread with poppy and honey;

- predominance of boiling and stewing over frying, salting over smoking;

- complex heat processing of products for cooking second courses (boil then stew or fry, or slightly fry then stew);

- special non-alcoholic and alcoholic beverages of Ukrainian cuisine are mead, kvass, sbiten, compote;

- sliced vegetables rather than a crushed mixture in salads, vinaigrettes. Salads and vinaigrettes were brought from Western Europe in the 19th century;

- variety of tastes is achieved by combining different types of heat processing, using different fats and local traditional spices such as onions, garlic, horseradish, dill, parsley, cumin, thyme, and others. Black pepper, cardamom, cloves, cinnamon appeared in the 16th – 17th centuries;

- daily consumption of liquid hot and cold first courses based mainly on vegetables: borscht, okroshka, other soups;

- wide use of pork and fat, sour cream, sunflower oil, eggs.

Ukrainian dishes are known for their variety and high taste qualities. Ukrainian cuisine includes hundreds of recipes: borscht and pampushki, flat cakes and dumplings, mushroom sauce, banosh, vareniki and sausages, drinks from fruits and honey, etc. Some dishes have a centuries-old history, for example, Ukrainian borscht.