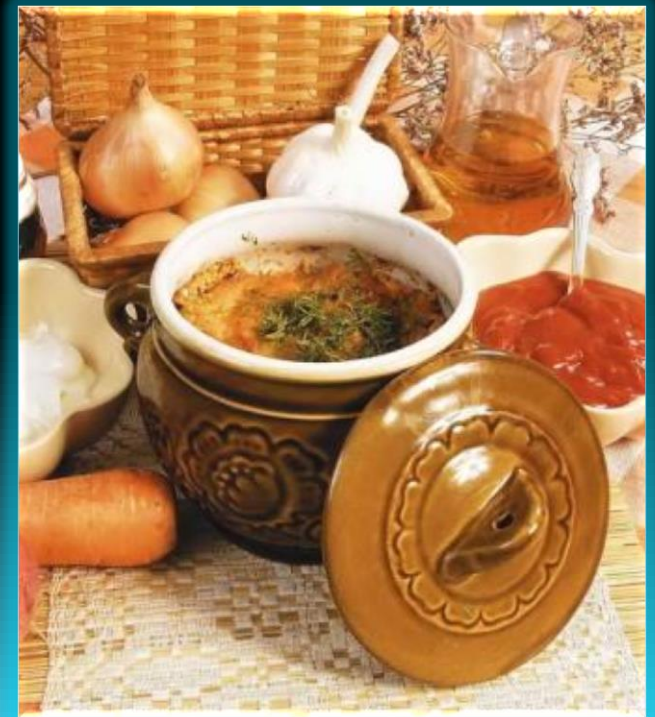


EATING HABITS OF UKRAINE

Ukrainian traditional cuisine





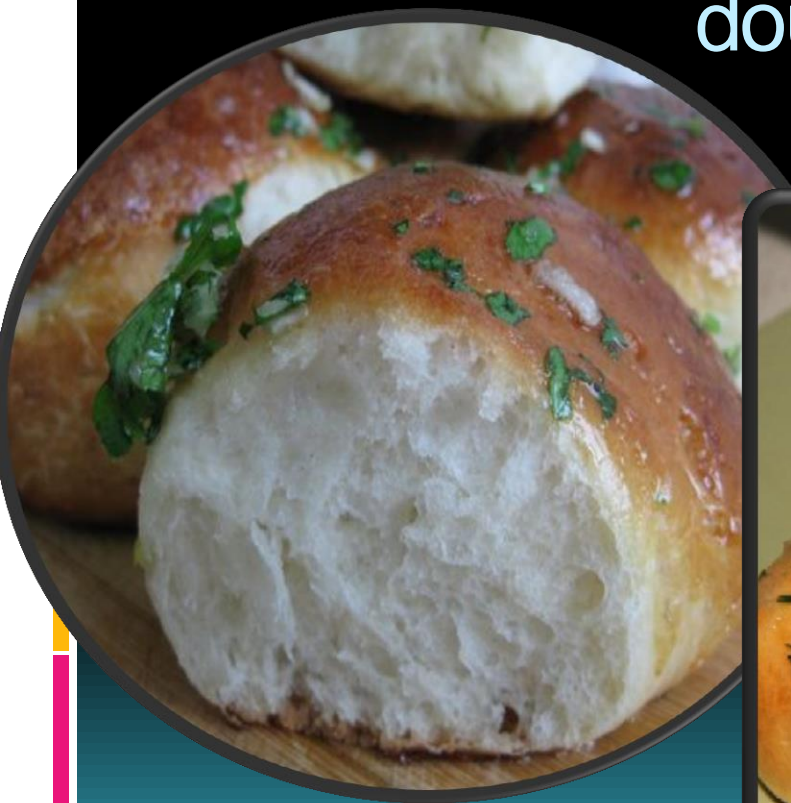
Ukrainian cuisine has always been famous not only in our country but also abroad. So, there are a lot of different delicious and healthy dish.



Through the centuries a traditional Ukrainian dinner included borsch – a king of soup with red beet and cabbage. Very often this dish is served hot with small buns with garlic inside.



Dumplings with garlic. They are perfect addition to borsch. These little fluffy biscuits are made of rice or wheat dough. That are also useful for our organism.



Another original dish – Ukrainian vareniks. They could be with meet, potato, mushrooms, apples or cherries. But the most popular are vareniks with cottage cheese and sour cream.





Krovnyanka is a famous Ukrainian dish. It is made of blood, meat and rice.





A festive table in the Ukrainian family is hard to imagine without Golubtzi!

Every Ukrainian woman or girl can cook them.



Also in Ukrainian cuisine an important role plays different kinds of cereal.



They are buckwheat, wheat, corn and pumpkin cereal. They are very delicious and useful.

A traditional drink in
Ukraine is uzvar –



made of dried fruit,
sugar and water.



In the traditional menu you are also find different kinds of meat dishes. Pork is often used. Beside pork Ukrainians like veal and chicken. In many restaurants you can find «Chicken Kyiv» - a delicious chicken cutlet with butter inside.



WELCOME TO UKRAINE!

