



CHRISTMAS IN UKRAINE

HOW TO MAKE SPECIAL DISH «KYTIA»



About Christmas In Ukraine

- Christmas is a wonderful holiday. It is the feast of Christ`s birth and it is celebrated on 6th of January.

The «holy supper» on Christmas Eve is a meal of 12 meatless and milkless dishes. It is the holiday when all members of the family gather together. This is the holiday of joy. Comparatively with Great Britain and some other countries Ukrainian people do not exchange presents on this holiday. For many years only religious people observed this holiday, but today it is an official state holiday.

Children like to have fun on this day , they go from door to door, sing carols and people give sweets to them.

Caroling is a characteristic feature of the feast it expresses respect for the master og the house and his children, sometimes it is accompanied by a puppet theatre.

The main dish on Christmas is «kytia «

Let`s cook it!



Ingredients

- wheat - 200 g
- poppy - 100 g
- salt - 10 g
- honey - 3 tbsp. l.
- nuts - 100 g

First Step



Rins white in cold water.

Cover, bring to a boil and simmer for 40 min. , until the wheat become soft. In the middle of cooking, add salt. Every 10 minutes, stir the wheat.

(It is wheat in a boil)





Next

Wash poppy, cover with water, bring to a boil and simmer for 30 minutes. Then pour it into a fine sieve.

Mix poppy with sugar and rub until white "milk."



Wash the raisins, cover with warm water for 7 minutes, drain, pat dry. Dry chops, fry in a pan until golden brown. Add to the cooled wheat poppy, nuts, raisins - mix thoroughly.





Finally...

- Dissolve the honey in a glass of warm boiled water. Fill the dish before serving.





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