#### ГАПОУ ПО ПМПК ТОРГОВО-ЭКОНОМИЧЕСКОЕ ОТДЕЛЕНИЕ

# National dishes in Russia. (Национальные блюда России.)

Проект выполнила: студентка гр.

15T9012K

Довбыш А. М.

Куратор проекта: Шилина О.А.

Пенза 2016г.

#### Plan:

- 1. Features of the national cuisine
- 2. Cold dishes and snacks
- 3. Soups
  - 2.1. Cold soups
  - 2.2. Hot soups
- 4. Main dishes
- 5. Drinks
  - 5.1. Colf drinks
  - 5.2. Hot drinks
- 6. Pies and pancakes
- 7. Bibliography



### 1. Features of the national cuisine

Russian cuisine is a collection of the different cooking traditions of the Russian people. The cuisine is diverse, as Russia is by area the largest country in the world. Russia cuisine derives its varied character from the vast and multi-cultural expanse of Russia. Moreover, it is necessary to divide Russian traditional cuisine and Soviet cuisine, which has its own peculiarity. Its foundations were laid by the peasant food of the rural population in an often harsh climate, with a combination of plentiful fish, pork, poultry, caviar, mushrooms, berries, and honey. Crops of rye, wheat, barley and millet provided the ingredients for a plethora of breads, pancakes, pies, cereals, beer and vodka. Soups and stews full of flavor are centered on seasonal or storable produce, fish and meats.



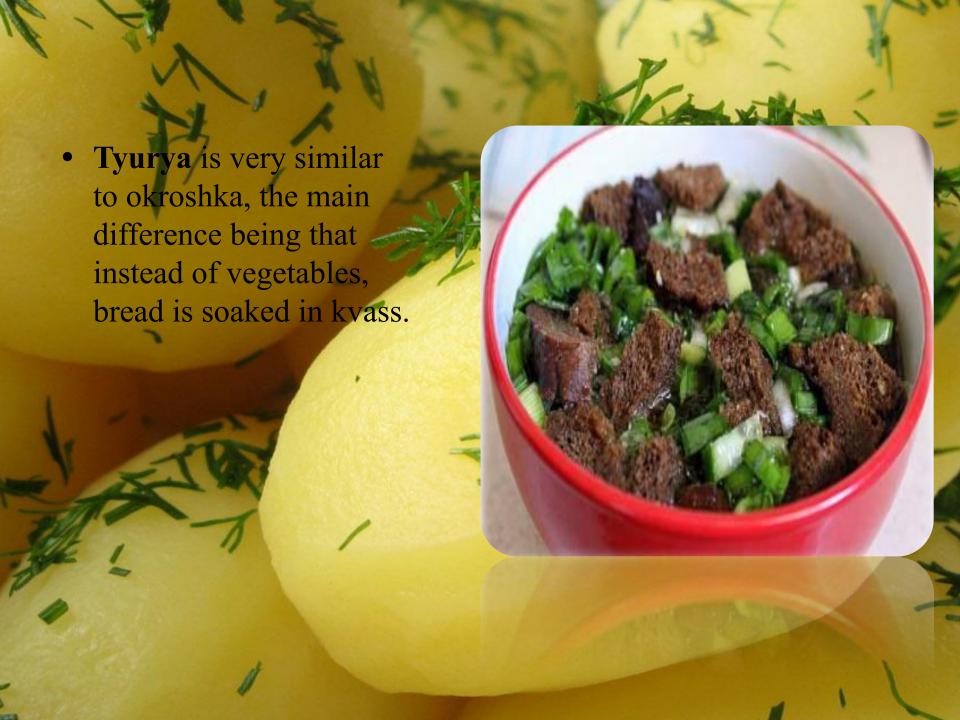


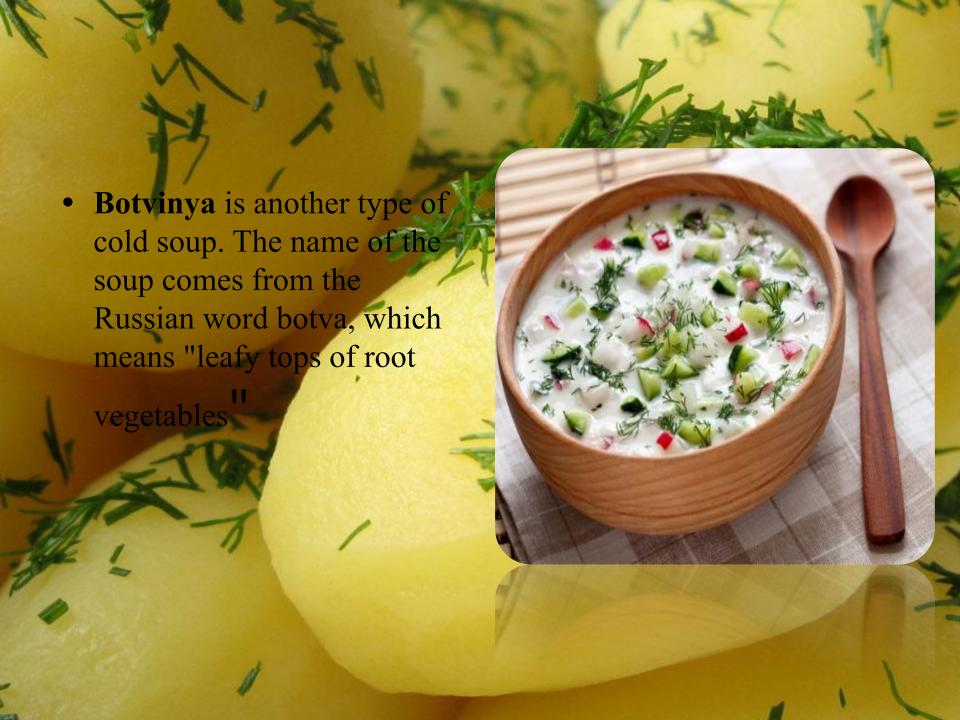


Soups have always played an important role in the Russian meal. The traditional staple of soups such as shchi, ukha, rassolnik, solyanka, botvinya, okroshka, and tyurya was enlarged in the 18th to 20th centuries by both European and Central Asian staples like clear soups, pureed soups, stews, and many others. Russian soups can be divided into at least seven large groups.









































## 7.Bibliography

- 1. История России с начала XVIII до конца XIX века/Под ред.А.Н. Сахарова, М.: АСТ, 1996.
- 2. Кулинария: теоретические основы профессиональной деятельности. Учебное пособие/О. М. Соловьева, Г.К. Миронова, А.П. Елепин. М.: Академкнига, 2007. 205 с.
- 3. Мясные блюда / В.Т. Кузьминов, А.Т. Морозов, М.: Изд-во "Экономика", 1974.
- 4.https://en.wikipedia.org/wiki/Russian \_cuisine

The Man