

**ГАПОУ ПО ПМПК
ТОРГОВО-ЭКОНОМИЧЕСКОЕ ОТДЕЛЕНИЕ**

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

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A large, elaborate spread of Russian national dishes is displayed on a dining table. The centerpiece is a tall, golden-brown stack of blinis or pancakes. To the left, a copper pitcher holds fresh green herbs, and a plate features pickled vegetables, including tomatoes and cucumbers. In the foreground, a large platter is filled with a colorful salad of shredded carrots, green beans, and other vegetables. To the right, a bottle of clear liquid, possibly vodka, stands next to a glass of red juice. The background shows a cozy dining room with wooden chairs and a patterned cushion.

National dishes in Russia

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. Russian 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.

2.Cold dishes and snacks

In the first place to the cold meals and snacks include salads , which usually include a wide range of boiled , pickled , marinated and raw vegetables , raw and pickled vegetables.

Note that cold snacks are made of light and low-fat products.





3.Soups

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.



3.1.Cold soups

- **Okroshka** is a cold soup based on kvass or sour milk. Okroshka is also a salad.



- **Tyurya** is very similar to okroshka, the main difference being that instead of vegetables, bread is soaked in kvass.



- **Botvinya** is another type of cold soup. The name of the soup comes from the Russian word botva, which means "leafy tops of root vegetables"



3.2. Hot soups

- **Shchi** is a Russian style of cabbage soup. When sauerkraut is used instead, the soup is called sour shchi, while soups based on sorrel, spinach, nettle, and similar plants are called green shchi.



- **Ukha** is a clear Russian soup, made from various types of fish such as bream, wels catfish, or even ruffe. It usually contains root vegetables, parsley root, leek, potato, bay leaf, dill, tarragon, and green parsley, and is spiced with black pepper, saffron, nutmeg, and fennel seed





4. Main dishes



Traditionally, to main courses include: burgers, zrazy , various meat rolls , fish frying and other fish dishes , baked , stewed and roasted meat , stuffed peppers , stuffed cabbage rolls , casseroles , etc. . .

- **Pelmeni** are a traditional Eastern European dish usually made with minced meat filling, wrapped in thin dough .



- **Kotletya** a Western European dish popular in modern Russian households, are small pan-fried meat balls, not dissimilar from Salisbury steak and other such dishes.





5.Drinks



5.1.Cold drink is a drink that typically contains carbonated water, a sweetener, and a natural or artificial flavoring.







5.2.Hot drinks

Russian people like to drink herbal teas. It is very tasty and healthy drink made with herbs.



6. Pies and pancakes



- **Pirozhki.** made of either yeast dough or short pastry. They are filled with one of many different fillings and are either baked or shallow-fried .



- **Blini** are thin pancakes made with yeasted batter which are often served in connection with a religious rite or festival.





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