

BELARUSIAN CUISINE

Belarus has its own unique cuisine. We have various dishes in our cuisine. While speaking about cuisine of ordinary people, I should say that Belarusian food is heavy and plain.

The diet includes dishes made from potato, pork, poultry, flour and milk. The mainstay of everything is bread. Belarusian bread is made of rye and is very tasty. It is traditionally baked on cabbage or maple leaves and afterwards is sprinkled with water. Pies have always been popular in Belarus: apple-pie and pies with all sorts of fruit fillings. The Belarusians eat different soups as an obligatory dinner course: kryshany, zatirka, schie, borsh. The main dish usually consists of meat, poultry and vegetables mainly potato, peas, beans and cabbage. In winter time different kinds of porridge are cooked and different sour and pickled vegetables are served such as sour cabbage, cucumbers, and beet. Potato is the queen among vegetables and is called the second bread in Belarus. More than 100 dishes are made from potato. Traditionally potatoes are served with salted pork fat, pickled mushrooms and salted herring, with butter or milk, or golden sunflower seed oil. Of course, there are many different dishes of flour-pancakes; pies with mushrooms, cabbage and potato, and famous Belarusian draniki made from grated potato and fried in fat. Another popular dish has always been "verashchaka": eggs fried with meat and salted pork fat. One more dish I would like to mention is called "machanka" with pancakes. This is a special gravy with meat products thickened with flour. It is served with pancakes. Salted and smoked lard is a traditional dish eaten at lunch or dinner as a separate dish or as a main course. The Belarusians drank zbiten, kvas, milk and herb-drinks. Coffee and tea came to Belarus in the 20 th century'. This is the traditional cuisine of ordinary people, aristocracy followed European cuisine and their eating habits.