***AUTHENTIC FOOD***

If you ever happen to come to Ukraine, you should try as many Ukrainian dishes as possible! However, you should not be tempted to go to a restaurant or a café to have your meals – you should live with an average Ukrainian family. Unlike a typical western European housewife, our southern Ukrainian one still cooks it all at home – with a strong distrust for all kinds of ‘fast foods’ and ‘ready-for-use’ supermarket products. Naturally, it is much healthier and cheaper even if time-consuming! What is more, many of our families maintain suburban allotments where they grow their own fruit and vegetables – without artificial fertilizers – for the sake of their children’s health. Lucky we are!

There is definitely not a single more delicious cuisine than the Ukrainian one! Our Ukrainian *borshch* (a kind of soup) is the healthiest dish in the world ever. It can be either with meat (beef, pork or chicken) or fish, or vegetarian – with beans; it most necessarily contains onion, red beet, carrots, tomatoes (all these preliminarily stewed with vegetable oil), cabbage, potatoes, garlic, laurel leaf, parsley and dill, salt and pepper to taste. Sometimes mushrooms and prunes, pickled apples or cucumbers are added to please the most demanding guests. This soup is of a beautiful ruby-red colour and gives out an impossibly delicious odour! We also cook *‘green borshch’* in spring with sorrel instead of tomatoes and cabbage, boiled eggs instead of meat. All kinds of borshch (every family have their own special recipe) are served with sour cream.

A lot of families also prefer *varenyky* (boiled dough with various fillings) and *holubtsi* (meat, cereals, carrots, eggs, mushrooms, onions – wrapped in cabbage leaves and boiled, served with sour cream).

On holidays we eat *‘holodets’* which is a very rich meat broth on spices poured into plates – we put it into the fridge and wait until it gets jellied. Also, there are all kinds of pastry holiday dishes which deserve a special talk.

What’s the use talking about food too much? Come and try it in Ukraine!