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Differences in English and Russian cookeries

Culinary dishes are a huge part of the cultural life and peculiarities of the peoples of different territories and countries. When you discover a new country, you taste, color and smell it. Each national cuisine was formed over the centuries, based on territorial features, traditions of agriculture, fishing, hunting, absorbed the history of conquests, and with them new products and dishes that gradually became familiar to the inhabitants of a particular country. Such natural features of the places of residence as extensive forests and long winters predetermined many features of traditional Russian cookery: a variety of hot soups and porridges, pickles, mushroom dishes and wild meat on the Russian table. The oven had a significant meaning in a Russian house and predetermined an important role for homemade bread and pies as well as stewed, boiled and baked dishes. Dishes were prepared from flour, dairy, meat and vegetable supplies. Vegetables were eaten not only raw, but also boiled, steamed, baked, salted, soaked and pickled. The variety of cereals was based on the variety of grain crops growing in Russia. Rye bread was commonly used and salt was not added to flour products. The fillings of pies were meat, fish, cottage cheese or berries. Porridge, noodles, eggs, mushrooms were also added to the filling. Jelly was made from rye, pea, and oat flour, and sweet (modern) jelly appeared only with the arrival of potato starch in Russian cookery. Turnips were served as the main vegetable before the widespread use of potatoes (from the second half of the XIX century). Fish was steamed, boiled, fried, stewed, baked or stuffed with various fillings. Caviar has always been considered a special delicacy. It was customary to eat pork, lamb, beef and poultry (chickens, ducks, geese). People also cooked game: venison, moose, hare, and wild fowl meat: swan, grouse and quails. British cookery has established a reputation for not being too refined, but paying attention to the quality of ingredients that are usually locally produced. During the heyday of Great Britain as a colonial power, British cookery was strongly influenced by the cooking of "overseas" countries, primarily India. The sign of "unimaginative and heavy" has been established behind British cookery. This reputation was especially strengthened during the First and Second World Wars, when the British government introduced food rationing. The morning starts with a traditional English breakfast which includes scrambled eggs, sausages and/or bacon, bread, tomatoes, mushrooms, beans in tomato sauce, oatmeal, pate, cereals and soft-boiled eggs. Strong black tea with milk or coffee is served with food. Lunch consists of sandwiches with various fillings. The famous English tradition of drinking tea at 5 o'clock in the evening (five o'clock tea) which is served with buns with raisins like Easter cakes, as well as jam and cream, is not observed by many people today. English people prefer vegetable soups with a piece of bread and butter for dinner. Of the second dishes, the British like beef tenderloin steaks, different roasting options which are sided with potatoes or vegetables. In addition, the British have a tradition of Sunday Roast Carvery lunch. Fried meat (turkey, beef, chicken, pork or lamb) is usually served with vegetables, potatoes or Yorkshire pudding. To sum everything up, Russians are commonly considered to have heavy meals while in the UK it is customary to drink up to ten cups of tea a day. In Russia, lunch is a three-course meal - soup, meat or fish with a side dish, compote or jelly with snacks, whereas in the UK lunch is sandwiches with various snacks, hot dogs, and juice or tea. In Russia, puddings are practically never eaten while in the UK it is one of the main dishes. In Russia, chicken is baked for holidays while turkey is roasted in the UK.