

Міністерство освіти та науки України  
Національний університет харчових технологій

**Міжнародна наукова конференція,  
присвячена 130-річчю  
Національного університету  
харчових технологій**

**«Нові ідеї в харчовій  
науці – нові продукти  
харчовій промисловості»**

**13-17 жовтня 2014 року**

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Київ НУХТ 2014

## **Things to know about Ukrainian eating culture**

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Any relationship can be quite challenging, but when dating someone from another country, culture and background, you may have to deal with such obstacles as language barrier, cultural differences and lack of knowledge on your fiancée's perceptions, both about major life issues and about the little nothings of life. Therefore, learning more about Ukrainian cuisine and food habits would provide you with good start in your relationship. First thing you should know about Ukrainian cuisine is that Ukrainians are very hospitable and generous when it comes to feeding their guests. When they are visiting, Ukrainians may ask you to show appreciation for the food. Hosts often give guests a loaf of bread with salt on top, a tradition that dates back many centuries. Bread and salt were once considered necessary ingredients for health. The bread represents hospitality and the salt

represents friendship. Moreover, Ukrainian ladies love and know how to cook. So, the second of our Ukraine dating tips is to be prepared to eat much and try not to refuse a second helping of anything when you are invited to dinner over to your fiancée's home.

Ukrainian cuisine runs the whole gamut of dishes - from the very tasty to the exotic. It can be bread with butter served with coffee or tea, or pastries, such as a cream-filled blintz on breakfast. The most traditional of Ukrainian dishes are salo or pig's fat with garlic, borshch, vareniki (the Ukrainian version of ravioli), nalisniki or pancakes, and golubsti (stuffed cabbage rolls), kasha (cereal, steamed buckwheat, barley, or millet with milk), kotlety and so on. Their main meal is eaten around mid-afternoon and usually consists of soup. The third meal of the day takes place around 6 or 7 p.m. It is usually a time when all family members get together. Some of these items you will definitely love, while others you might hate. Another tip then is to think about an inoffensive and nice excuse on why you do not want to eat or even taste some of them.

Eating at a restaurant is considered a luxury, and is usually not done very often.

As to the Ukrainian drinking habits, you should know that many Ukrainian men drink a lot. Thus, if you want to be successful in your Ukrainian dating you should better follow the third one of the Ukraine dating tips: do not drink much and do not share much with your lady your "pub adventures".

#### Literature

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