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UNIQUE FOOD TRADITIONS IN INDIA AND UKRAINE

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Food traditions all over the world are different. It differs according to religion, specific culture, climate for which different spices and certain crops are produced only in a specific place. Since India and Ukraine both differ in season, climate, crops and mainly the different methods of cuisine. The aim of the article is to give the comparison between food traditions in India and Ukraine. So as to thoroughly compare the food traditions between the two countries, each comparison will be taken at each step.

Ukraine is located in the Eastern Europe giving it a temperate continental climate. In a country dominated by all four district seasons, each of which has its own characteristics. Ukraine mainly produces spring barley, winter wheat, corn, sugar beet and sunflower seeds [1].

India resides in south Asia and located in the middle of the equator. The climate of India comprises a wide range of weather conditions across a vast geographic scale and varied topography. India produces rice, wheat, maize, millets, etc. [3].

Ukrainian cuisine is the collection of the various cooking traditions associated with Ukrainian culture, culinary art in Ukraine. The collection of the most popular Ukrainian dishes accumulated over many years. The cuisine is heavily influenced by the rich dark soil. Vast fields of wheat

have earned Ukraine the nickname “bread basket of Europe.” Ukraine produced 25% of all agriculture output in the former Soviet Union [1]. Today, Ukraine exports substantial amounts of grain, vegetables, sugar beets, sunflower seed, milk and meat.

A lot of features of Ukrainian cuisine were determined by the way of life of the people, the vast majority of whom were engaged in heavy agriculture labour. Modern Ukrainian cuisine emphasises the importance of wheat and grain to the Ukrainian people. From the 19th century potatoes also became widely spread in Ukraine and used to make first and second courses and side dishes for fish and meat dishes. This vegetable became the second bread in Ukraine – practically all the first dishes were cooked with potatoes replacing such traditional vegetables as parsnip and turnip [2].

Ukrainian cuisine is characterized by dishes rich in proteins, fat and carbohydrates. For most dishes, a complex set of compounds is characteristics. Traditional Ukrainian dishes present a complex heating process. At first they are fried or boiled, and then stewed or baked. This is the most distinctive feature of Ukrainian cuisine. This complex heat processing allows preserving the aroma of the dishes and gives them juiciness [2].

Ukrainian cuisine includes hundreds of recipes: borsch and pampushky, flat cake and dumplings, mushroom sauce, banosh, varenyky and sausages, rinks from fruits and honey, etc. Some dishes have a centuries-old history, for example, Ukrainian borsch. It is the national

Ukrainian dish [2]. However varenyky and holubtsi are also considered national favourites of the Ukrainian people and are common meal in traditional Ukrainian restaurants. Especially tasty and healthy are the dishes of meat and vegetables – cabbage rolls with meat, kruchenyky, beef larded with beets, etc.

So, traditional and most popular Ukrainian dishes are varenyky, kholodets, kovbasa, borshch, kapusniak and nalysnyky. Mentioned above gives the ability to summarize the main features of the Ukrainian cuisine. These are:

- significant consumption of dishes from flour and cereals, in particular dishes made from rye and wheat flour, pies, dumplings, pancakes, bread with poppy and honey;
- complex heat processing of products for cooking in second courses;
- predominance of boiling and stewing over frying, salting over smoking;
- special non-alcoholic and alcoholic beverages of Ukrainian cuisine are mead, kvass, zbyten and compote;
- sliced vegetables rather than a crushed mixture in salads, vinaigrettes (salads and vinaigrettes were brought from Western Europe in the 19th cen. [2]);
- variety of tastes is achieved by combining different types of heat processing, using different fats and local traditional spices such as onion, garlic, horseradish, dill, cumin and others (black pepper, cardamom, cloves and cinnamon appeared in the 19th cen.) [2];

- daily consumption of liquid hot and cold first courses based mainly on vegetables: borsch, okroshka, other soups;
- wide use pork and fat, sour cream, sunflower oil and eggs.

Indian cuisine consists of a wide variety of regional and traditional cuisines native to the Indian subcontinent. Figuratively speaking, Indian cuisine is as diverse as India's diverse population. It is blend of both vegetarian and non-vegetarian elements and normally uses significant amount of spices as well as a large variety of vegetables than most other culinary traditions [4].

India has 29 states with different culture and civilization emphasis a blend of cuisines. Indian food is heavily influenced by religion, in particular Hindu, cultural choices and traditions [3]. Indian dishes vary substantially from each other and use locally available spices, herbs, vegetables and fruits.

Historical events such as foreign invasions, trade relations, and colonialism have played a role in introducing certain foods to this country. Over the centuries Indian has been invaded by Arab, Chinese, British, Persians and this has influenced its cuisine styles. For instance, potato, a staple of the diet in some regions of India, was brought to India by the Portuguese, who also brought chillies and brad fruit. The cuisine is also influenced by centuries of Islamic rule, particularly the Mughal rule. When the Moghul Empire invaded during the sixteenth century, they left a significant mark on the Indian cuisine. Samosa and pilaffs are examples. A blending of Mughal and Telangana cuisines took place in the kitchen of the

Nizams, historic rules of Hyderabad State, resulting in the creation of Hyderabadi – biryani (a traditional celebratory meal made using mutton or goat meat, basmati rice, yogurt, onions and spices. India's diverse climate, ranging from deep tropical to alpine, has also made a broad range of ingredients readily [3, 4].

Here we are going to represent the comparison of the most popular traditional Ukrainian and Indian dishes. As for Ukrainian best dishes, these are salo (salted pork fat with or without garlic and pepper), borsch (cabbage and beets based soup, usually with pork or beef meat, served with sour-cream), pampushky (small baked breads, often buttered and topped with garlic and dill), holubtsi (cabbage rolls stuffed with rice and minced meat), varenyky (large stuffed dumplings, can be stuffed with potatoes, cottage cheese, curds, meat, berries, etc.), nalysnyky (very thin pancakes), syrnyky (fried cheese pancakes, usually served with sour cream, honey or jam), rizanka (home-made spaghetti), holodets (meat aspic, prepared with garlic, onion, bay leaf and black pepper) [2].

Wheat, Basmati rice and pulses with chana (Bengal gram) are important staples of the Indian diet. The food is rich with curries and spices, including ginger, coriander, cardamom, turmeric, dried hot peppers, and cinnamon, among others. Many Hindus are vegetarian, but lamb and chicken are common in main dishes for non-vegetarians [3, 4]. Indian best known dishes are: alu gobi (cauliflower and chunks of large stalk slightly larger than the potato, grated ginger, plum tomatoes), butter chicken (chicken breasts, cloves, garlic, garam masala, chilli powder, butter), rogan

josh (mutton or lamb braised with a gravy flavoured with garlic, ginger and aromatic spices that are cloves, bay leaves, cardamom and cinnamon), samosas (potato peeled and carrots finely chopped, deep frying, garam masala, mustard seeds, onion finely chopped), tandoori chicken (chicken pieces, red chilli past, chaat masala, tandoori masala), malai kofta (potatoes boiled, panner, gram muka, coriander leaves, cream and onions finely chopped), masala chai (a tea with cardamom, cloves, fennel seeds, pepper corn, nutmeg grated), matar paneer (cubed paneer, green peas, green chilly and gravy, garlic, ginger, grated tomato, onion finely chopped) [5]. Comparing the most popular national dishes (both Ukrainian and Indian), such as soup, dumplings, patties as well as beverage, we came to the conclusions given below.

The components of the Ukrainian borsch are tomatoes, carrots, potatoes, cabbage, onions and kidney beans. It's usually cooked on pork, beef or chicken stock. There are over 1001 ways to prepare this dish. Indians don't like first liquid dishes at all. The only one exception is the *sweet corn*, consisting of ginger, garlic, cloves, green chilli, chopped carrots and sweet corn.

Ukrainian dumplings are named *varenyky*. These are made with all sorts of filling, from potato mash mixed with boiled liver to mushroom, sweetened cottage cheese, strawberries and cherries. Indian *momos* are prepared of minced chicken, grated cabbage, carrot, spring onion, chopped onions, grated ginger and garlic, red chilli powder or black pepper powder.

Ukrainian patties are named *vidbyvni*. These are chicken patties – boneless pieces of meat get flattened with a special hammer, sprinkled on with salt and spices, dipped into stirred eggs and fried. In the Indian cuisine such dish is known as *chicken patties (puffs)*, consisting of pre-sliced green onions, tablespoon lemon juice, chicken, spices and salt.

Among the main beverages is old-Ukrainian and still popular now *mead*. Mead is an alcoholic beverage created by fermenting honey with water, sometimes with various fruits, spices, grains or hops. The alcoholic content ranges from about 3.5% to more than 20%. The defining characteristic of mead is that the majority of the beverage's fermentable sugar is derived from honey. The most popular Indian beverages are called lassi, toddy and sherbet [3].

The main differences consist in such features:

- soups are not famous in India, while in Ukraine they are eaten every day;
- in Ukraine people eat rice maybe twice a month, but in India it's a staple dish;
- Ukrainian people eat baked bread, in India people prefer flat bread;
- Indian people add mustard, cardamom, cinnamon and sesame seeds in oil and fry it slightly but there is no such practice in Ukrainian cuisine.

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CULTURAL FESTIVALS OF INDIA

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India, also known as the Republic of India, is a country in South Asia. It is the seventh-largest country by area and with more than 1.3 billion people. It is the second-most populous country and the most