



CUISINE OF RUSSIA: A JOURNEY THROUGH DIFFERENT CULTURES

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Russia is a multinational country with more than 190 ethnic groups.

Each nation has its own traditions, history, and cuisine.

Food reflects culture, climate, lifestyle, and beliefs of people.





RUSSIAN (SLAVIC) CUISINE



Traditional Russian food is simple, nutritious, and based on natural products.

Famous dishes:

- Borscht
- Pelmeni
- Blini
- Jellied meat



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TATAR CUISINE (REPUBLIC OF TATARSTAN)

Tatar cuisine is rich, hearty, and influenced by nomadic traditions.

Famous dishes:

- Echpochmak (triangle meat pie)
- Chak-chak (sweet dessert)
- Kystybyi (flatbread with filling)

Meat and dough are the main ingredients.





CAUCASIAN CUISINE (CHECHNYA, DAGESTAN, OSSETIA)

Caucasian food is spicy, aromatic, and full of herbs.

Famous dishes:

- Shashlik
- Khinkal
- Ossetian pies

Fresh vegetables, meat, and spices are widely used.



SIBERIAN CUISINE

Siberian cuisine developed in cold climate conditions.

Famous dishes:

- Stroganina (frozen raw fish)
- Venison dishes
- Fish soup (Ukha)

Fish and wild meat are common.





BURYAT AND YAKUT CUISINE

These cuisines are influenced by harsh northern climate.

Famous dishes:

- Buuz (steamed dumplings)
- Dairy products
- Horse meat dishes

Food is high in calories to survive cold weather.





WHAT UNITES ALL CUISINES?

Despite differences, all cuisines have common features:

- Use of natural products
- Hospitality traditions
- Family meals
- Respect for traditions



CONCLUSION

Russian cuisine is a reflection of its cultural diversity. Different peoples brought their traditions and tastes. Together they create a unique and rich culinary culture.





THANK YOU FOR YOUR ATTENTION!

