

Ukrainian Food

Salo is pork underskin lard which is usually salted, seasoned and frozen to be sliced or minced with garlic to be used as a spread. Ukrainians like to eat salo as an appetizer with rye bread and garlic.



pork	[pɔ:k]	свинина
underskin	[,ʌndə'skɪn]	підшкіряний
skin	[skɪn]	шкіра
lard	[la:d]	сало
salted	['sɔ:ltɪd]	солоний, посолений
seasoned	['si:zənd]	приправлений, здобрений
frozen	['frəuzən]	заморожений
sliced	[slaɪst]	нарізаний скибками або тонкими шарами
minced	[mɪnst]	порублений, покришений
as	[æz]	як
spread	[sprɛd]	паста
appetizer	['æpɪtaɪzə]	закуска, аперитив
with	[wɪð]	з
rye	[raɪ]	жито
bread	[bred]	хліб
rye bread	[raɪ] [bred]	житній хліб

Borshch is a vegetable soup. Traditional borshch is based on beets giving it a strong red colour. Borshch is served with smetana (sour cream) and pampushky (buns topped with chopped garlic, parsley and dill). There are different kinds of borshch. You can cook vegetarian borshch or make it with meat. Every Ukrainian has his/her own recipe of borshch.



The Ingredients for Borshch

Meat - М'ясо		
meat	[mi:t]	М'ясо
pork	[pɔ:k]	свинина
beef	[bi:f]	яловичина
veal	[vi:l]	телятина
mutton	['mʌtən]	баранина
lamb	[læm]	молода баранина
chicken	['tʃɪkɪn]	курятина

Vegetables - Овочі

vegetable	['vedʒətəbl]	овоч
beet / beetroot	[bi:t] / ['bi:t ru:t]	буряк
red beet	['red bi:t]	червоний / столовий буряк
cabbage	['kæbɪdʒ]	капуста
potato	[pə'teɪtəu]	картопля
onion	['ʌnjən]	цибуля
spring onions	[,sprɪŋ 'ʌnjənz]	зелена цибуля
carrot	['kærət]	морква
tomato	[tə'maɪtəu]	помідор
tomato paste	[tə'maɪtəu 'peɪst]	томатна паста
pepper	['pepə]	перець (спеція)
bell pepper	['bel pepə]	болгарський перець
beans	[bi:nz]	квасоля
garlic	['gɑ:lɪk]	часник
parsley	['pɑ:slɪ]	петрушка
dill	[dɪl]	укроп
oil	[ɔɪl]	рослинна олія
sunflower oil	['sʌn ,flaʊə 'ɔɪl]	соняшникова олія
recipe	['resɪpɪ]	кулінарний рецепт

Varenyky are boiled dumplings. They are usually filled with meat, potatoes or cottage salted cheese topped with butter or shkvarky (fried bits of bacon and onions).



boil	[bɔɪl]	кип'ятити, варити
boiled	[bɔɪld]	варений, кип'ячений
dumpling	['dʌmpɪŋ]	галушка
filled	[fɪld]	заповнений, фарширований
meat	[mi:t]	м'ясо
potatoes	[pə'teɪtəʊz]	картопля
cottage cheese	['kɒtɪdʒ] [tʃi:z]	домашній сир
topped	[tɒpt]	заправлений або здобрений зверху
butter	['bʌtə]	вершкове масло
fried	['fraɪd]	смажений
bit	[bɪt]	шматок
bacon	['beɪkən]	копчена свиняча грудинка, бекон
onions	['ʌnjənz]	цибуля

Dessert varenyky are filled with seasonal berries or fruits. They go well with smetana (sour cream), honey or jam.



dessert	[dɪ'zɜ:t]	десерт
seasonal	['si:zənəl]	сезонний
berry	['berɪ]	ягода
fruit	[fru:t]	фрукт, фрукти
sour	['sauə]	кислий
cream	[kri:m]	вершки, крем
sour cream	[,sauə 'kri:m]	сметана
honey	['hʌni]	мед
jam	[dʒæm]	варення, джем

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