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NATIONAL AUTHENTICITY OF VOLYN CUISINE

One of the most important components of human activity is nutrition. Historically, this process has its own national authenticity and significance for the culture of each world nation. As any nation strives for self-awareness, the development of culinary skills is closely related to the traditions of life, culture and customs of the population. That is why, when designing the menu of a restaurant establishment, it is worth remembering the peculiarities of the nutrition of nations that have developed over their centuries of development under the influence of natural, socio-economic and historical factors. Despite the global integration processes of mankind, each nation has retained its specificity in the combination of products, the application of their technological processing, the use of special utensils, the design and serving of dishes.

The article deals with the investigation of the authenticity of Volyn cuisine, to distinguish it into a separate segment of national Ukrainian cuisine and to reveal the peculiarities of cooking some dishes. The general analysis of recipes of dishes and products is investigated on the example of the most famous dishes of Volyn cuisine.

The originality of Volyn cuisine differs in complex recipes of culinary products, various combinations of products, combined methods of heat treatment and features of serving dishes.

Keywords. *Volyn cuisine, Volyn salad, Volyn yushka, «Forest song» cutlet.*

The relevance of the research topic. The interest of society in the features of national cuisines is very vast, since it is the duty of every person to know the customs and traditions of his or her people, and to know the customs and traditions of other peoples is the duty of an educated person. That is why the consumer-tourist, when traveling around the country, wants to taste the national cuisine.

Formulation of the problem. The authenticity of Volyn cuisine and its separation into a separate segment of national Ukrainian cuisine has not been studied well. The general analysis of the recipes of dishes and Volyn cuisine showed a considerable variety of dishes and culinary products. In recent years, tourist interest in Volyn cuisine has been increasing.

Analysis of recent research and publications. Modern food science is dynamically responding to the restaurant services market. Each institution tries to offer not only something new but also authentic, unknown or forgotten. Many food scientists and educators are considering the problem of authenticity of national cuisines, studying their features and paying considerable attention to the technological processes of preparing the titular dishes of these cuisines (M. Peresichnyi, S. Peresichna, O. Korolop, Yu. Zemlina, I. Feldman, O. Starchaienko, O. Niemirich and others).

Presenting main material. Volyn is the historical region of Ukraine and its modern administrative and territorial unit. As a Volyn region, this historical region is located in the northwest of modern Ukraine in the basin of the southern tributaries of the Prypiat and the springheads of the Western Buh. Volyn borders on Polissia in the north, Podillia and Halychyna in the south. The eastern and western borders are considered to be the rivers Uzh and Western Buh. It occupies the modern Volyn and Rivne regions, the western part of Zhytomyr and the northern part of Ternopil and Khmelnytskyi regions. It is precisely such border geographical location of the region and its immediate neighborhood with the European Union that actively contributes to the development of tourism, and therefore the hotel and restaurant business. The flow of demanding tourists is forcing Volyn restaurateurs and hoteliers to increasingly turn to their own history, ancient roots, customs and traditions of ethnicity.

Can a tourist not fall in love with Ukrainian cuisine? The first spoon – and he is its passionate fan for the rest of his life! After all, having tasted borshch (one of the most famous dishes of Ukrainian cuisine, made with beetroots) with fresh pieces of salo (unrendered pork fat), craft baking and garlic cloves, one has the desire to taste more and more. . . Of course, Ukrainian cuisine is rich in dishes and diverse traditions that were formed in the times of Kyiv Rus. One of its integral parts is the Volyn cuisine.

The now forgotten old-world Volyn cuisine was as unique as the Grand Duchy of Lithuania. On its expanses - from the Baltic to the Black Seas - crossed the largest trade routes of the world, here in peace and harmony coexisted with different peoples, cultures and religions. That is why such cuisine combines the best culinary creations of East and West, South and North, one of the first to start using exotic spices, products and sophisticated gastronomic technologies using local products, which guarantee its freshness and high quality of food [4, p. 5-7].

Volyn cuisine is famous for its variety and high taste qualities. This is achieved not only by the variety of products used in the preparation of dishes, but also by the complex recipe and complex combined methods of processing the products included in these dishes. There are no exceptions to this list. Even the preparation of the Volyn salad takes effort. For its preparation, white cabbage is cleaned, boiled whole in salted

water, then the prepared cabbage is cut into quarters, put in cucumber brine and kept for up to 12 hours. Before serving, cabbage is cut into pieces, spread in a salad bowl, drizzled with oil, sprinkled with pepper, mustard and grated garlic.

As for the first dishes, the yushka (liquid dish like soup or broth), popular and well-known in the Volyn and Ukrainian cuisines, includes products that in their combination give a nice taste bouquet. During the preparation of yushka, the products are not only cooked, but some of them (carrots, onions, parsley root) are pre-fried. The main ingredients of the dish «Volyn Yushka» are pickles, fresh apples, onions, potatoes, green peas, butter, tomato puree, plums, canned or marinated, sausages, beef or pork.

The Volyn yushka is cooked on a meat and bone strained broth, and meat, peeled cucumbers and apples are sliced. The onions are sauteed, adding tomato puree, the cucumbers are braised. The diced potatoes and disassembled cauliflower are put into the boiling broth, green peas, scallions, cucumbers, apples, meat products, salt, bay leaf, allspice are added and cook until ready. Also, yushka has «secret Volyn components». It is served with sliced sausage and pickled (canned) plums [1, p. 68].

In many other dishes of Volyn cuisine, the products undergo a complex processing: they are first fried or cooked, and then stewed or fried, which is why the dishes prepared in this way retain a flavor and become juicy.

Most of the Volyn dishes are cooked in stuffed form. Particularly delicious and useful are combined dishes of meat and vegetables: stuffed cabbage with meat; Volyn kruchenyky (Ukrainian fried food, mostly of vegetables (rarely cereals, mushrooms, etc.), tightly wrapped in a thin layer of meat or fish); beef stuffed with beets; zucchini and tomatoes stuffed with meat; pork stewed with cabbage and potatoes, etc.

The technological feature of the «Forest Song» cutlet is the preparation of this dish using meat and mushrooms. The pork (cutlet meat) is ground into a meat grinder twice, milk is added, salt is mixed and the circlets are formed. In the middle of each circlet put the stuffing, wrap, give an oval shape, moisten in a liquid mixture of eggs and milk, or cream and water, roll in breadcrumbs and fry in butter. The peculiarity of the stuffing is mushrooms, which are collected on the territory of the Volyn region. The boiled mushrooms are finely chopped, the onions are browned, the boiled eggs are ground, salt and pepper are added and mixed. Bring the dish to readiness in the oven [1, p. 161–162].

In Volyn, a wide range of dishes are prepared from potatoes and mushrooms – potato pancakes, pies, and babky (yeast based cakes). A large number of dishes are made from milk and cheese – soups, babky, puddings, syrnyky (quark pancakes,

garnished with sour cream, jam, honey), mlyntsi (pancakes) with quark, jellies and kysil (fruit jelly). The cuisine is rich in variety of flour products. The most common flour dishes are varenyky (filled dumplings), halushky (traditional dumpling-like food), mlyntsi, babky, hrechanyky (buckwheat pancakes) and more.

Depending on the time of year, varenyky are made with different fillings: meat, fish, quark, mushrooms, potatoes, cabbage, poppy seeds, cherries, strawberries, plums, apples. Halushky are made from a variety of dough – pastry, whole wheat and buckwheat, as well as semolina, cheese, bread, potatoes, etc. Various mlyntsi are also made: buckwheat, wheat-buckwheat, millet, millet-buckwheat, semolina, corn, white bread, with apples and more.

In the preparation of the Volyn pie, the yeast is diluted in milk; the eggs are ground with sugar, melted butter, salt, well mixed and put in a warm place for the dough to come up. When it approaches, roll in a thin layer and put on a sheet, allow coming up again and baking. The finished pie is decorated on top with a thick, like jam, mass made of steamed with sugar raisins, dried prunes, and placed again in the oven.

The highlight of the cuisine is the Volyn verhuny (a traditional sweet crisp pastry made out of dough that has been shaped into thin twisted ribbons). For their preparation eggs are well mixed with nut or peanut butter, pour flour and knead the dough. For dough to be rolled thinly, it takes at least half an hour. From the rolled out dough cut the verhuny, fry in hot lard, spread on a plate, sprinkle with sugar and serve.

The inhabitants of Volyn have been preparing a variety of drinks at home for a long time: nalyvka (a homemade wine made from cherries, raspberries, gooseberries), nastoianka (alcoholic herbal tincture), varenuvka (alcoholic beverage, widespread in Left Bank Ukraine since the sixteenth century, which consists of horilka, honey, apples, pears, plums, cherries and spices), tertukha (drink from strawberries, ground with sugar and mixed with horilka), spotykach (Ukrainian sweet alcoholic beverage based on berries, dried fruits, spices, herbs, sugar and horilka), beer, kvas (beverage commonly made from rye bread) and more. These drinks are increasingly filling the menu of restaurants.

Conclusions. Volyn cuisine has hundreds of recipes of various culinary products, and peculiarities for their preparation. Its dishes are special, often combine inseparable, have a complex recipe, combine different technological processes of production and processing of raw materials, focused on the culture of the historical and geographical region of Volyn.

The rich histories, specialties of preparation and serving, which are typical only of this region, give the right to distinguish Volyn cuisine as a separate segment of national Ukrainian cuisine.

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