

Практическое занятие. Кухни народов мира

1. Прочтите и переведите текст:

Для справки: *okazu* (окадзу) - японское слово, означающее гарнир к рису; вспомогательные предметы диеты. Они готовятся и приправляются таким образом, чтобы хорошо сочетаться с рисом, и обычно делаются из рыбы, мяса, овощей или тофу.

Cuisines of the world

Japanese cuisine is based on combining staple foods, typically rice or noodles, with a soup and *okazu* — dishes made from fish, meat, vegetable, tofu and the like — to add flavor to the staple food. These are typically flavored with *dashi*, *miso*, and soy sauce and are usually low in fat and high in salt.

A standard Japanese meal generally consists of several different *okazu* accompanying a bowl of cooked white Japanese rice (*gohan*), a bowl of soup and some *tsukemono* (pickles).

As Japan is an island nation, its people eat a lot of seafood.

Noodles are an essential part of Japanese cuisine usually as an alternative to a rice-based meal. *Soba* (thin, grayish-brown noodles containing buckwheat flour) and *udon* (thick wheat noodles) are the main traditional noodles and are served hot or cold with soy-*dashi* flavorings. The *baguette*, a long, thin loaf of crusty bread, is the most important part of any French meal. Melted cheese spread on a *baguette* is often presented as part of a meal. A meal of grilled food (called *la raclette*) is sometimes served. Using an open grill, diners melt their own cheese with ham or beef slices, or fry their own egg. The grilled food is accompanied by potatoes. Sometimes diners spear pieces of bread on long-handled forks, and dip the bread into a pot full of melted cheese called *la fondue*. France have varying cuisine: the main dishes are *crêpes* (thin pancakes) with cider, cabbage with pieces of sausage, called *la choucroute*, *Lotte* fish. On the coasts of France seafood is plentiful, including mussels, clams, oysters, shrimp, and squid. The French enjoy *escargots* (snails) cooked with garlic and butter, roast duck, and rabbit.

Once you have accustomed yourself to these times and customs, you are ready to discover the diversity of Spanish cuisine. Fish and lamb is a staple part of the Mediterranean diet.

Also Spain is famous for its ham and pork products such as cured *Serrano* ham and “chorizo”. Abundant in many regions and meals such as the world renowned Spanish “*paella*” rice dish. Also recommended is “*pulpo*” (octopus) often served with potatoes and paprika and *calamari* (fried squid). There are hundreds of cheese varieties made from cow, sheep, or goat milk. The most known cheeses are *Manchego* and *Cabrales*.

The most popular wines are “*vino de la casa*” (house wine), “*vino tinto*” (red wine), “*vino blanco*” (white wine), or “*vino rosado*” (*rosé*). Also Spaniards make use of most parts of the animals they eat. You can try typical dishes such as “*callos*” (tripe or stomach lining), “*jeta*” (pig mug), “*riñones*” (kidneys), “*lengua*” (tongue), “*crestas de gallo*” (rooster combs), “*morcilla*”

(blood sausage), and the list goes on.

Russian cuisine is a rich collection of diverse cooking traditions. The typical Russian breakfast is substantial meal. It includes milk, tea, eggs, cereal, and sandwiches. A typical dinner of Russian people consists of three courses. The real first course is a good plate of soup. Among them are beetroot soup, cabbage soup and *solyanka* or fish soup. There are many appetizers: mushrooms, salted cucumbers and tomatoes and herring. For the second course there is meat or fish served with garnish. The last course is usually very simple - just something to drink like tea, fruit drinks or even *kvass*. The evening meal is much lighter, with a cup of black or green tea at the end. The most popular dishes are meat dumplings, *vinaigrette*, pancakes. Pastry dishes play an important part in Russian cooking. When guests are expected, the hosts bake pies. Russian cuisine is varied and colorful

Traditional Russian drinks are hot black tea with jam or honey, *compote* (stewed fruit drink) and *kvass* (drink made from rye bread).

Italian cuisine is characterized by its simplicity, with many dishes having only two to four main ingredients. Italian cooks rely chiefly on the quality of the ingredients rather than on elaborate preparation. Ingredients and dishes vary by region. The Italian cuisine is famous of *paste*. It is eaten with cheese and

sauce. They eat vegetables, meet, olive oil, fish fruit, nuts, icecream and coffee. Italian cuisine is probably the most important expression of the mediterranean diet.

LEXICAL AND GRAMMAR EXERCISES

2. *Заполните таблицу информацией о кухнях мира, представленных в тексте:*
(на каждую страну по отдельности)

Factfile on _____ food.

Typical meal: _____

Spices/souses/dips: _____

Traditional cooking technique: _____

Habits and customs: _____

Typical dishes: _____

Typical drinks: _____

