

Государственное бюджетное профессиональное образовательное учреждение

**«ДОНЕЦКИЙ ТЕХНИКУМ ХИМИЧЕСКИХ ТЕХНОЛОГИЙ И
ФАРМАЦИИ»**

ИССЛЕДОВАТЕЛЬСКАЯ РАБОТА

по дисциплине ОГСЭ.03 «Иностранный язык в профессиональной
деятельности»

**Тема: «КАК РАЗНЫЕ НАРОДЫ ВЛИЯЛИ НА ФОРМИРОВАНИЕ
РУССКОЙ КУХНИ»**

**Topic: «THE CONTRIBUTION OF DIFFERENT ETHNICITIES TO
RUSSIAN CUISINE»**

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ДНР, г. Донецк, 2026 год

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Topic: The Contribution of Different Ethnicities to Russian Cuisine

Introduction

Russian cuisine is a rich tapestry woven from the culinary traditions of numerous ethnic groups that have coexisted within the country's vast borders. Over centuries, the interaction of Slavic, Turkic, Caucasian, Finno-Ugric, and other cultural influences has shaped a unique gastronomic identity. This research explores how different ethnicities contributed to the development of Russian cuisine, examining regional dishes, cooking techniques, and ingredient preferences.



Picture 1. The Russian cuisine

1. Regional Culinary Influences

Russia's geographical diversity has fostered distinct culinary traditions:

- **Northern Russia:** characterized by fish dishes (e.g., sturgeon, salmon), pickled vegetables, and hearty soups. The indigenous peoples of the North (Nenets, Khanty, Mansi) introduced reindeer meat and fish-based dishes, adapted to the harsh climate. (*Picture 2*)



Picture 2. Cuisine of the peoples of the North

- **Central Russia:** the backbone of «traditional» Russian cuisine with its emphasis on grain-based dishes (kasha, blini), soups (shchi, borscht), and pies (kulich, rasstegai). Slavic culinary traditions laid the foundation, later enriched by Tatar and Ukrainian influences.
- **Southern Russia (Caucasus):** notable for its meat-centric dishes, spice sauces, and flatbreads. Caucasian peoples (Chechens, Ingush, Ossetians) contributed shashlik, khinkali, and various dairy products. *(Picture 3)*



Picture 3. Traditional dishes of the Caucasus

- **Siberia:** combines Russian and indigenous (Yakut, Buryat) traditions, featuring reindeer meat, fish, and fermented milk products. The Buryats introduced buuzas (steamed dumplings), which have become popular across Siberia.
- **Volga Region:** influenced by Tatar and Chuvash cuisine, known for its dumplings (pelmeni), pastries (echpochmak), and fermented milk drinks (kymyz). (*Picture 4*)



Picture 4. The Echpochmak

2. Key Dishes and Their Ethnic Origins

- **Pelmeni:** although considered a Russian staple, pelmeni originated from Uralic and Siberian peoples, resembling Chinese dumplings (jiaozi) brought via the Silk Road. The filling and dough were adapted to local ingredients.
- **Shashlik:** borrowed from Crimean Tatars in the 16th century, this marinated meat dish became ubiquitous in Russia by the 19th century.
- **Borscht:** its roots trace back to Ukrainian cuisine, but it evolved in Russia with the addition of beetroot and sour cream.
- **Blini (*Picture 4*):** a Slavic tradition, blini were enhanced by the introduction of butter and smetana (sour cream) - a dairy culture influence.



Picture 5. The Blini

- **Chak – chak:** a sweet dessert from Tatar and Bashkir cuisine, made of fried dough pieces soaked in honey. It symbolizes hospitality and is served at weddings. (*Picture 6*)
- **Buuzas:** a Buryat dish, similar to Mongolian buuz, featuring minced meat in a thin dough wrapper. (*Picture 7*)



Picture 6. Chak-chak



Picture 7. Buuzas

3. Ingredient and Technique Exchange

- **Spices and Herbs:** Caucasian and Central Asian peoples introduced spices like coriander, cumin, and paprika, enriching Russian sauces and marinades.
- **Fermentation and Pickling:** Finno-Ugric and Slavic traditions of preserving vegetables (sauerkraut, pickled cucumbers) combined with Mongolian and Tatar methods of fermenting milk (kymyz, ryazhenka).



Picture 8. Pickled vegetables

- **Grilling and Smoking:** Turkic peoples influenced Russian grilling techniques (shashlik, kebabs), while smoking fish and meat became common in Northern regions. *(Picture 9)*
- **Dough and Pastry:** Tatar cuisine introduced layered pastries (echpochmak) and the use of butter in dough, influencing Russian pies and buns.



Picture 9. The Grilling

4. Religious and Cultural Factors

Religious dietary restrictions also shaped culinary practices:

- **Orthodox Christianity:** promoted the use of fermented dairy products (kefir, ryazhenka) and vegetarian dishes during fasting periods.
- **Islam:** influenced Tatar and Bashkir cuisine, banning pork and promoting halal meat preparation.
- **Buddhism:** among Buryats and Kalmyks, dairy and lamb dishes dominate, reflecting pastoral traditions.

Conclusion

The diversity of Russian cuisine is a testament to the country's multicultural heritage. Each ethnic group left its mark, from the hearty soups of the North to the spicy dishes of the Caucasus. This culinary mosaic not only reflects historical interactions but also fosters cultural unity, showcasing how food can bridge differences and create a shared national identity.



Picture 11. Фестиваль-конкурс национальной кухни народов России «Гостеприимная Россия» посвященный Дню народного единства (ГБПОУ «ДТХТФ», 01.11.2025)

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