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# Ukrainian Cuisine Guide

## UKRAINIAN CUISINE GUIDE

How to survive in Ukraine for a foreign traveler  
37 Ukrainian meals and drinks you should know about



by Nikita Lysytskiy, Val Shoss and Helen Smirnoff  
design by Marika Gonchar



## Synopsis

If you plan to visit Ukraine, you will surely face some important questions: how to get there, where to spend the night and of course what to eat and drink. Meanwhile all concerning transport, accommodation and places of interest is studied thoroughly and described in lots of guides, there is a lack of information about national cuisine. It is really bad, as Ukrainian cuisine is worth trying it. There is not only mysterious "salo" and strong vodka, but a great variety of delicious, sometimes exotic dishes as well. So what to do if you have no open friend in Ukraine who is ready to become your "cuisine guide"? Well, you have 3 options: find international fast-foods, have all meals there and leave the country without any precious experience; visit expensive national restaurants and take a chance to order weird dishes, strange drinks and pay a lot of money for that at the same time being puzzled with your stomach reaction; simply use the illustrated "Ukrainian cuisine guide" written especially for someone like you! This guide is a result of mutual research of a Ukrainian writer Nikita Lysytskiy and two of his friends: Val Shoss (Seattle, US) and Helen Smirnoff (Bournemouth, UK), who visited Ukraine in 2011 and spent a lot of time testing Ukrainian cuisine. Thanks to them, all the dishes and drinks in this book are presented from a tourist's point of view. It is written by people who first had no idea about Ukrainian cuisine, but then learned it entirely. "Ukrainian cuisine guide" will show you: national soups, salads, popular cold and hot appetizers, meat and fish dishes, traditional alcoholic and soft drinks, Ukrainian desserts. You will learn not only details of every dish and approximate prices for it, but also how it looks like. We illustrated all articles with descriptive photos for you to be sure you get the same meal you order. This book highlights all components of dishes, as well as how-to-prepare guide. It lists all ingredients of any dish you order and helps to avoid unpleasant surprises. As well the book will show you how to cook Ukrainian food at home. Ukrainian cuisine is one of the most variable and juicy in the whole world. Illustrated "Ukrainian cuisine guide" will let you enjoy all tastes safely and help to come back home full-fed and healthy. Do not forget that some dishes may be unusual and even dangerous for your stomach. So we suggest you to buy "Ukrainian cuisine guide", come to Ukraine and discover its flavors with safety

## Book Information

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## Customer Reviews

Grandma loves to travel and try new foods and these days, she hears, the Ukraine is a fine place for an inexpensive vacation. Bordering Russia on the east, lying south of Poland, the Ukraine borders the Black Sea and includes the Crimea. With the Euro-2012 Football Championships (soccer, not American) in view, being hosted in Poland and Ukraine in June and July, Val Shoss has put together a guidebook of some of the most popular Ukrainian foods. For most foods Val includes a picture, a recipe (all in metrics, some more useful than others) and an approximate cost in Euros. You'll also find a handy list of popular restaurants in each of the Ukrainian cities hosting Euro-2012 events in the back of the book. There is no Table of Contents, but the book is chatty, interesting and original. Worth a read if you're headed to the Ukraine. Grandma hears that the Black Sea resorts are stunningly beautiful.

Hey there! I am a tourist guide, working in the countries of Eastern Europe. I often guide my groups through the main Ukrainian cities - Kiev, Lvov, Sevastopol and sometimes Carpatians. When visiting Ukraine I was a little bit afraid to try local cuisine, but then I saw this book in free promotion and decided to download. I must say that this book made my day! There are beautiful illustrations and each meal is described in very accurate but hilarious way - so that you will know all the ingredients and get some associations with alike meals from Western Europe. It was really helpful, now I am

absolutely sure I'll get the exact dish I've ordered (thanks to photos) and I will always know what I am eating. Thanks to Nikita Lysytskiy I fell in love with Ukrainian meals, I seriously think it is worth spreading all around the world like Thai or Japanese food. And thanks to other two authors I see the parallels between East European and West European cuisine. would I recommend this book for my tourists? No doubt I will!

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