

# CULINARY TOURISM IN BELARUS









There is a good old tradition in Belarus: first of all, every guest must be fed. Here, food is always made with love and served as at home. In Belarus, you will find flavorful hash browns, potato babka and fresh sour cream, cranberry water and honey infusions, crisp roasted sausages and veraschaka gravy, fish and meat delicacies...

Belarus can surprise even the savviest gourmets. Culinary recipes have been developing for many centuries, absorbing the flavor of the local live. Taste Belarus!

## ❖ LOAF ❖

The tradition of meeting guests with a round loaf of bread and a salt cellar goes back to ancient times. Originally, this tradition symbolized the readiness to share the most precious thing at home – bread – with the guest.

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## THAT'S IMPORTANT

*We recommend you to look  
through this publication  
while in good mood with your  
stomach full!*



## DINNER IS SERVED



In Belarus, you will taste the bread baked according to ancient recipes, homemade meat delicacies, cheeses made of fresh milk, sweets with honey, apples and cranberries and much more.

### THAT'S INTERESTING

*Belarusian pancakes are distinguished by the use of different types of flour.*

*Try buckwheat or pea pancakes — you're going to love them!*

You can enjoy the national cuisine and feel the culture of the local people to the fullest extent in authentic urban cafes designed similarly to true village houses, or in the cozy atmosphere of Belarusian farm stays and ethnocultural complexes.

Belarusian people enjoy tasty food! They are equally good at cooking simple local meals and exquisite and sophisticated ones. In many restaurants, cafes and food courts you will certainly find exactly what you like!



### LIKE GOOD OLD TIMES

*In order to cook pastry straws — sweet snack to go with tea — vodka is always added into the dough*





# WHAT'S TO TASTE IN BELARUS?

## Hash browns

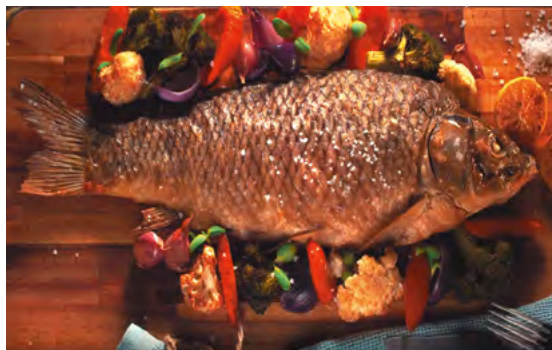
Yes, Belarusians really love dishes made of grated potatoes. Hash browns are the basis of Belarusian traditional cuisine. They are cooked according to various recipes and always served with fresh sour cream or butter. Try to cook some yourself!\*



*Veraschaka is a very nutritious dish that is fairly heavy for the stomach. Therefore, we recommend washing it down with a hot drink – for example, fresh herbal tea.*

## Fish dishes

This is something you've never tried! Freshly caught fish baked according to ancient recipes won't leave anyone indifferent.



*\*See back cover for the unique recipe of Belarusian hash browns*



## Veraschaka gravy

Famous meal of the Belarusian dukes cooked with homemade sausage and bread kvass. Served with pancakes or side dish. Want to dine like they did in noble houses? You are welcome!

*It is believed that cold borsch helps better in the heat than any sort of ice cream ❄❄*



## Cold borsch

Crown jewel of the national cuisine. Cold soup made of boiled and cooled beetroots will save you from overheating on a hot day and give you a charge of vitamins.

## Traditional meat dishes and delicacies,

famous for their unmatched taste. If you come to Belarus, you absolutely have to taste pechisto – large pieces of baked meat.





### *Krambambula*

Those who like it hot will certainly enjoy the strong alcoholic infusion prepared from honey and spicy herbs.



## TRADITIONAL RECIPES

*The most popular Belarusian infusions are prepared from cranberries, horse-radish or rowanberries*



## THAT'S INTERESTING

*The main ingredients of traditional Belarusian drinks are natural berries, herbs and honey*



### *Sbitten*

Honey drink with a unique flavor that you will invariably be offered after visiting a traditional Belarusian sauna. This is not just tasty, but also useful! In ancient times, sbitten was used as a cold medicine.

### *Shlyaromny Shagren*

Unique Belarusian drink known as the first alcoholic cocktail in the Grand Duchy of Lithuania. This is a fine combination of mead and fresh beer mixed in a special proportion.







### THAT'S INTERESTING

*Meals cooked in pots are rightfully considered to be the zest of national Belarusian cuisine*

- Belarusians are known to be patient people; they take a lot of time to prepare some traditional national meals. For example, you need more than a whole day to cook bigos according to the old Belarusian recipe.
- Potatoes, which are so much loved by Belarusians, first came to the country in 1670; before that, turnips were used instead of them.
- Even though Belarus is famous for its dairy products, milk is almost never used in the traditional ethnic cuisine.
- In Belarus, special attention has always been paid to rye bread. In the past, bread in the house indicated wealth of the family. Belarusians call bread the staff of life for a reason.





## WHERE ARE THE BEST HASH BROWNS?



### *Farm Tourism and Ethnocultural Complexes*

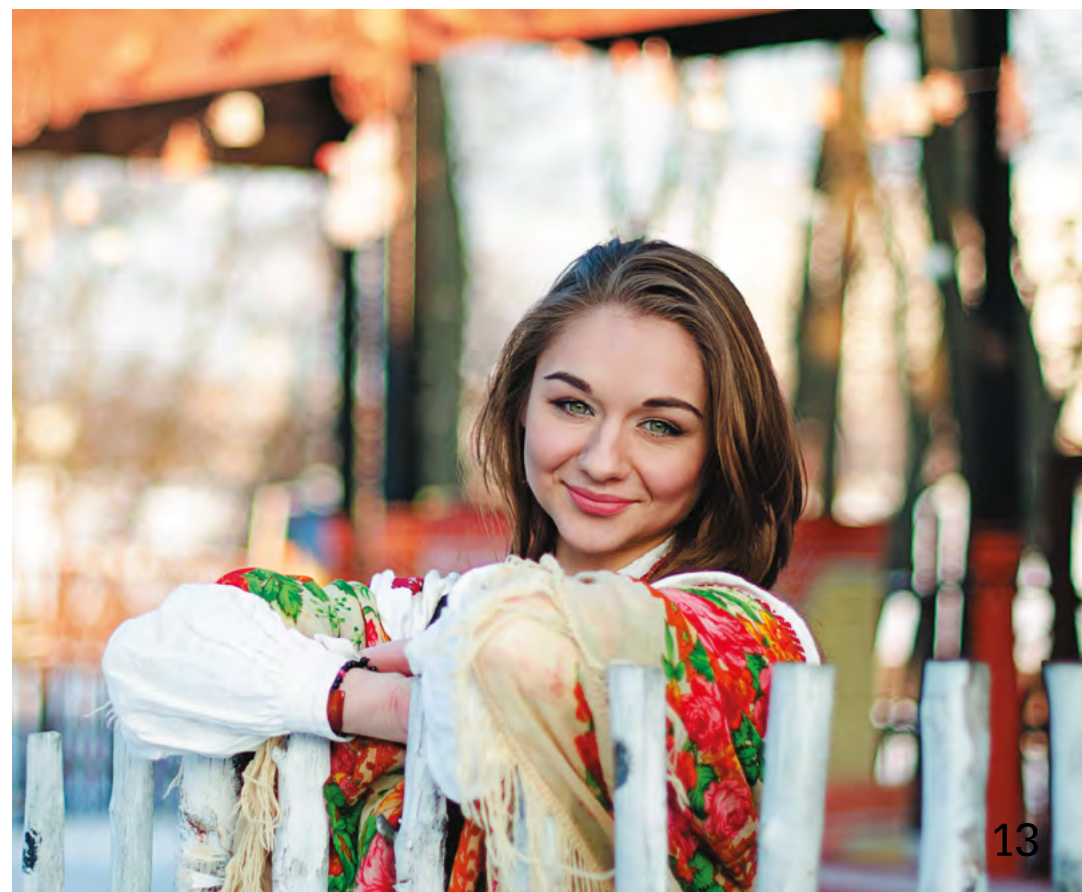
The guests will be offered to dive into the authentic atmosphere of the Belarusian village, take part in the magnificent performance and taste marvelous and greatly varied culinary masterpieces. You want a unique holiday or a wedding banquet in the national style? Go on — you won't regret it!

### *Belarusian Farm Stays*

Cozy guest houses with an entire entertainment complex for those who prefer calm leisure in the open, far from the city hustle. You can stay here for several days and taste delicious traditional meals cooked according to ancient recipes from natural products and spices.

### *Restaurants and cafes*

Guests of the country can taste national food served in a modern way or just have a hearty dinner without leaving the city. Fashionable restaurants, cafes with authentic farmstead-style interior and cozy diners in food courts of large malls offer interesting traditional delicacies to the guests.





## ❖ BY THE WAY ❖

*Here, you can try to  
make cheese, take part  
in gathering honey, grind  
flour or bake bread with  
your own hands*



### *Al Fresco Museum Complexes*

You want to learn more about local arts and crafts? In that case, go and visit one of the al fresco museum complexes! These are unique ethnographic museums, where you can touch and taste everything and enjoy a dinner of national meals in local restaurants and cafes after seeing the exhibits.





## KIND FOOD

It is believed that a well-fed person cannot be bad. This might be the reason why Belarusians are considered to be one of the kindest nations: we have a lot of tasty stuff. See for yourself!

### ❖ PECHISTO ❖

*Pechisto is prepared with large pieces of meat and a lot of spices: majoram, garlic, onion, pepper and coriander. Cooking process takes not less than four hours.*

## HOW DO BELARUSIANS COOK HASH BROWNS?

### Ingredients:

× 5 pcs.  
Potatoes

× 1/2  
Onions

Salt



Sunflower oil



Peel and grate potatoes



Slice onions



Add salt



Mix all the ingredients



Roast until lightly brown on top

30 min

Serve with sour cream





Belarus



© State Institution «National Tourism Agency», 2019  
Manufactured by LLC "Suvig", 220141, Minsk, F.  
Skorny street, 40, room 204  
Tel. +375 17 268 69 04, Certificate of the State Register  
of Publishers, Manufacturers and Distributors of Print  
Media No. 2/57 dated June 26, 2018.  
Circulation 3000.

The brochure includes photo materials of Vera  
Shalygo, Hanna Koltmakova, Pavel Omelushik,  
Alfred Mikus, Albin Zhotorkovich, Sergey  
Strizhonok and free stock photos from  
[ru.freepik.com](http://ru.freepik.com)

ISBN978-985-7216-63-5

