

My project helped me
to learn a lot of new words
and
I got a lot of useful
information
about Khakas cuisine



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Khakas Traditional Food

- Like other cattle-breeding peoples of Southern Siberia and Central Asia the Khakas people have had meat dishes in winter and milk dishes in summer. Since the end of the 19 century they have been storing up pork and poultry for winter besides traditional beef, horse-flesh and mutton. Besides meat and milk, fish, berries, mushrooms and herbs have been the ingredients of Khakas traditional food.
- Under the influence of Russian culture potatoes and vegetables have been cultivated since the end of the 19 century in Khakasia.
- Most of the meat dishes have been made of mutton.



- Основной пищей Хакасов служили зимой мясные, летом - молочные блюда. Распространены супы (угре) и бульоны (мун) с отварным мясом. Наиболее популярными были крупяной суп (чарба угре) и ячменный (коче угре). Праздничным блюдом считается кровяная колбаса (хан-сол), различные блюда из рыбы. Основным напитком был айран из кислого коровьего молока.



Airan. Milk dishes

- Airan is especially popular in summer time. One can quench one's thirst with a glass of airan.
- It is made of sour milk. The yeast is made on the basis of the airan of the previous season. In old times they used to look for the remainder of airan for yeast evening other villages. And a bottle of it was taken for a bottle of fresh milk which was supposed to bring luck to the person who gave the yeast. This tradition is typical of all cattle-breeding peoples of Southern Siberia and Central Asia.
- The Khakas people attach great importance to this national drink. There is such a saying that the health of the nation depends upon airan.



Meat dishes

- **Most of the meat dishes have been made of mutton.**

- **Kharghanit.**

The flesh of the mutton is cut into small pieces, some salt and pepper is put and first the meat is fried a little and then it is stewed. It is usually served with fried potatoes.



- **Toghyramchy.**

The flesh of the mutton and intestines are boiled. Then all the meat is cut into small pieces in a wooden tub and served with some broth and onions.

Kharban



The flesh with intestinal fat is cut into small pieces in a special wooden tub. The meat is cooked with dried onions and some noodles are put there too. Kharban is served with some broth.

Ugre (meat soup).



- Some pieces of horse flesh are boiled for some time. Then some pearl barley is washed and put into the soup. When served some archa is recommended to be put there to give the soup some peculiar flavour. On special occasions such kind of soup is followed by khyima.

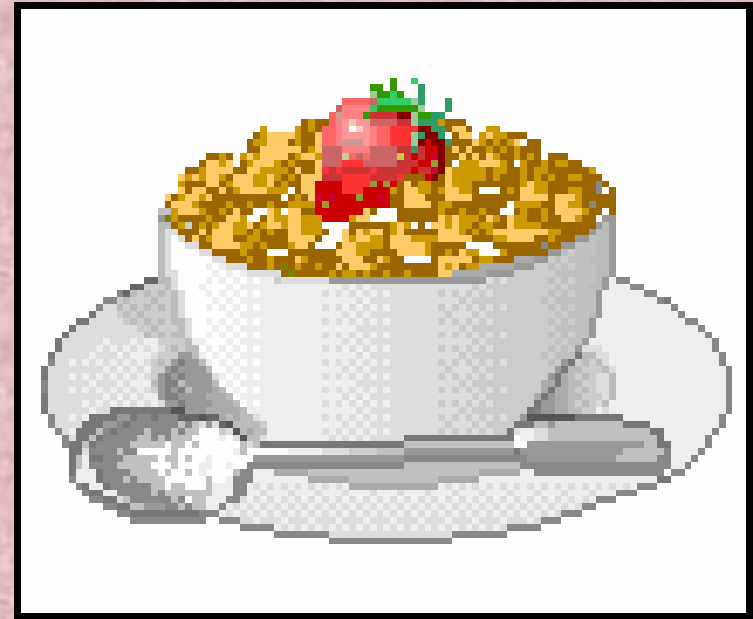
Sausages



- Khyima is a kind of sausage made of horse meat into which some onions and pepper is put.
- The Khakas people could make different kinds of sausages.
- Blood pudding (кровавая колбаса) is the simplest kind of sausage. The intestines of a sheep or domestic animals with the exception of pigs. Usually the blood is taken into a big bowl and is kept there for some time.
- As a result a thin part of the blood goes upwards while a thick part of it remains at the bottom. The intestines of a horse. They are cleaned and washed very carefully, turned inside with the fat, and it is taken separately for making a special kind of sausage into which some milk or broth is put.
- The sausage made of the thick part of the blood is called "tiris khan". Some milk, salt, onions and fat is added to it. It does not take one long to cook it. It is a popular dish of the indigenous peoples of Southern Siberia.

Potkhy.

- Potkhy is a kind of porridge. Some sour cream is boiled on small fire, then some flour, eggs and airan is put there. All the stuff is stirred. As soon as there is some butter on the surface potkhy is ready. The porridge is quite nourishing.



Talghan.

- Talghan is made of barley. They used to have special implements to grind barley which was rather hard work. Special porridge is made of talghan into which some butter is put when it is ready.
- Another recipe is to put some talghan into the bowl with some boiling butter, to add some cereal and cedar nuts. The simplest way of making a dish is to mix talghan with melted butter.
- Besides talghan with airan or cold water is used as sort of drink to quench thirst in summer time.

Khurut

- The strained curds are called “archy”. Khurut is made of archy and melted butter, it is given a form of a small flat cake. Such small flat cakes are dried either in the Sun or over a stove. Khurut mixed with bird cherry is called “khara khurut”. Khurut stored for a long time does not go bad. In old times hunters and shepherds used to take it along as the food was nourishing.

Roots and berries.



- From early spring till late autumn different kinds of berries, herbs and eatable roots have been gathered. In May women and children gathered “handyck” the roots of which were dried for winter storage. Handyck was used in making a delicious dish called “handyck potkhy”.
- In June they gathered the roots known as “sip”, they were also dried, got mashed and also put into potkhy to give it a special flavor.
- In summer the roots of wild peonies were gathered. Then they were dried, ground and used as seasoning for soup, when put into the flour they were used for making pancakes.
- In June people have been going to the taiga for “khalba”. It is salted for winter storage. One
- can make salad with fresh khalba and sour cream.
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- In July and August different kinds of berries have been gathered: strawberries, red currant, blackberries, bilberries, mountain cranberries and so on. They are either dried or made jam. Bird cherries are dried and ground for storage. The bird cherries that are ground are used for a special kind of potkhy. This is a recipe. Some sour cream is boiled, then some talghan and ground bird cherries are put there. When the dish is ready some butter is put there too. In old times it was a dish made for funeral repast.

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Cedar nuts

- In autumn they have been going to the taiga for cedar nuts. They used to store up quite a lot of cedar nuts for winter. A very nourishing kind of porridge was made of them. Roasted nuts were cracked and winnowed. The kernel of nuts was pounded and then fried. It was the food given to the people who had got thin, especially hunters after a hunting season.

