

Research work

Foreign language

"English and Russian desserts"

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## Introduction

When learning a foreign language, the need to master not only language structures, but also what "lies behind the language" is increasingly realized: "background knowledge", the culture of the country or countries of the language being studied. It is necessary to know the traditions, customs, worldview, i.e. everything that contributes to the formation of culture and national character of the people.

It is impossible to imagine a trip to England and Russia without getting acquainted with its culinary traditions and masterpieces. British and Russian desserts are a vivid embodiment of both. Everyone knows that every country in the world has its own cuisine. And it's different for everyone. So, in England there are their favorite and traditional dishes, which, of course, differ from the Russians.

The project's theme is dedicated to English and Russian desserts. This topic has a linguistic and cultural character, allows you to learn in detail about the traditional sweet dishes of England, the country of the studied language and Russia, whose native speakers we are.

Dessert is a sweet dish served after the main (and not the main), at the end of the meal. The term is borrowed from the French language dessert, from the French *desservir*, which translates as "clearing the table". Traditionally, desserts include jam, cakes, chocolate, pies, cookies, cakes, sweets, ice cream, pastilles, liqueurs and many sweets of Eastern and European national cuisines.

National cuisine is one of the important factors in attracting foreign tourists to the country. This is understandable, because in the culinary art, national peculiarities and traditions of the people are firmly preserved, which are always interesting to a representative of another country. And where else but in desserts exuberant fantasies of confectioners are manifested, which captivate with their originality.

The relevance of the work lies in the fact that the development of tourism makes it necessary to study the nutritional characteristics of different peoples. It is necessary to know its characteristic features, history and be able to cook dishes of national cuisines, in particular desserts.

The purpose of the work: to study and systematize culinary recipes and names of traditional desserts in England and Russia.

Tasks:

To study the features and history of desserts in England and Russia.

To study the etymology of dessert names

Pick up dessert recipes.

Expand the stock of English-Russian vocabulary.

Hypothesis: Desserts are a traditional addition in both Russian and English cuisine, and their names are associated with the cooking technology, with the ingredients that are included in it.

Object of research: desserts.

Subject of research: desserts of England and Russia.

Stages of work:

Search for information on the issue under study.

Research methods: study and search for information, analysis, generalization of the information obtained.

## The main part

### Chapter 1. English desserts

#### 1.1. An excursion into the history of dessert

"Strive for harmony between the elements of food"

#### Confucius

Desserts as such appeared long before the term appeared: in all cultures, people ate fruits, fresh or dry, and honey, which are considered the very first and most affordable desserts. Initially, dessert meant not something sweet, but the most savory, tidbits. The ancient hunters, for example, when the carcass was divided, the hunter got the legs, the shooter – necessarily the eyes. But the heart, as the most delicious morsel (in other words, dessert) – was given to the leader of the tribe. With the development of ethnic groups, desserts have become more diverse, including depending on climatic conditions. It is logical that the scarce ingredient had every chance to become a "dessert". For example, for the Aztecs and Mayans, ice water collected from mountain peaks was considered a great treat. And snow, poured with syrup and honey (a prototype of ice cream), could only afford wealthy Indians. Dessert was also considered the most "difficult" part of the dish. For example, in medieval Spain, there was a fashion for extremely complex dishes (at the same time, the feast could last for a day): a skilled cook baked a bull, placed a pig in it, a turkey in a pig, a duck in a turkey, a chicken in a chicken, a chicken in a quail, and in a quail there was olives. So this olive was considered the most delicious piece, dessert, and it went to the richest nobleman. With the development of the sugar industry (in Europe – in the XIX century), desserts became mostly sweet, and the concepts of "dessert" and "sweet" were often used in the same meaning. Since at first sweets were the privilege of wealthy people, the appearance

of complex sweet desserts (for example, cakes) was treated as something festive. Hence the tradition of "dressing up" dessert – depending on the imagination and taste of the pastry chef. In modern cooking, dessert refers to everything that is served after the main course. Dessert can also be tea, cocoa, coffee, coffee with ice cream (cafe glace); special dessert wines.

## 1.2. History of English desserts

In the period from the 11th to the 16th centuries, the Normans instilled a more refined cuisine than the one that existed before them. They brought the traditions of Italian and French cuisines to Britain.

For dessert, strawberries, cakes, flans, candied fruits, cakes, cream were served. One of the most popular ingredients was almonds; hence the British love of marzipan desserts. Of the pastries, bread with honey, spices, raisins and grapes was the most common.

At Christmas, they ate traditional cookies, known even in the pre-Christian era. One of the most famous holidays was a celebration in honor of the god Thor, for which honey cookies were served. On the eve of Epiphany, they baked a pie with sugar, ginger, allspice, dried fruits and eggs. A pea and a bean were put into the dough. The one who found the bean was declared the king of the evening, and the one who found the pea was declared the queen. Traditional gingerbread cookies were somewhat different from modern ones and were more like dry biscuits.

Since the 16th century, there have been important changes in the cuisine of Britain due to the historical events of those years. It was a period of break with Catholicism. With the disappearance of all Catholic holidays, the culinary traditions associated with them have gone into oblivion. British cooking was influenced by French and German cuisines.

In 1830, the sweets trade appeared. Puddings, biscuits, tea, coffee and famous sandwiches were sold on the streets.

British cuisine is diverse, as each region has its own dishes. As for desserts, there are many of them. It is also important to note the tradition of five o'clock tea, which is traditional for British residents, of course, it is not observed by everyone now, but there are dishes and, first of all, dessert baked especially for five o'clock. Most of them are known everywhere in the British Isles. Scottish specialty desserts – shortbread cookies, white buns, sprinkled with flour and barley cakes. In Devon and Cornwall, cream tea, dry biscuits and crackers covered with a thick layer of milk cream are popular.

### 1.3. Features of English desserts

The UK is full of gourmet food. To prepare a truly English dessert, it is enough to follow simple rules.

**Dough.** Most often, the British use biscuit, shortbread, cupcake and lean dough. Another special kind is a pudding dough made from pieces of bread and eggs.

**Filling.** The famous English custard, that is, custard on eggs, cream and various additives. In addition to custard, the British like whipped cream, jams, caramel or kurd (dessert cream).

The famous English molasses pie remains a mystery. The British mix molasses with shortbread crumbs and lemon zest.

**Additions.** Do not forget about candied fruits, spices, nuts, dried fruits, fruits and berries. The British add spices everywhere – from dough to custard.

**Decoration.** The most popular way to decorate a pie, cupcake or muffin is to cover it with whipped cream and sprinkle with cocoa or powdered sugar, pour chocolate, caramel or fruit sauce. The British like to decorate desserts with sand crumbs.

The British combine these components in almost all of their desserts. Let's find out which ones have become classics.

### 1.4. Classic English desserts

## English Scones

An indispensable component of afternoon tea – scones go back centuries. There is no exact certainty about how to pronounce this word correctly, and even more so about how to eat them better: with a layer of very thick cream and jam or vice versa. But all Englishmen are sure that scones are incredibly tasty and traditional.

The first mention of such a muffin dates back to the XVI century. The name of the buns speaks of their Scottish origin. The word *schoonbrood* simply means white bread (*schoon* — "pure").

Scone is the main and very colorful part of the traditional English tea party. At its core, these are buns with jam and cream. The first mention of such a muffin dates back to the XVI century. Today, scones embody loyalty to traditions, inimitable, authentic English style, the ability to live with taste and elegance of an indispensable dessert for real tea.

## Pudding

The favorite sweets of the English are all kinds of puddings. By tradition, they are always served at Christmas. More than a century ago, the British recognized the Christmas pudding as a symbol of empire. It is this traditional English dish that can most often be found in British literature different times – in the works of Lewis Carroll, Agatha Christie, Charlotte Bronte, Dickens, J.K. Rowling. The famous dessert is a jelly-like pie made in a water bath from a mixture of flour, eggs, milk and sugar with the addition of berries and fruits. The cooled pudding is covered on top with liquid chocolate, jam, cream based on butter. To give it a hard crust, the dessert is soaked in cognac or brandy, and then set on fire.

The word pudding comes from the French *boudin*, derived from the Latin *botellus*, which means "little sausage" and proves that in ancient times pudding was not a dessert at all and included meat in the composition. At first, pudding was called thick oatmeal porridge cooked in meat broth (*plum - porridge*). Bread crumbs, nuts, honey and prunes were added to this porridge and served very hot. So it was

back in the XVI century. And according to another version, pudding originated as a means of preserving meat, which was stored in a cool place along with prunes. When cooking pudding, spices, cereals and prunes were added, and since the end of the XVIII century, sugar began to be added. In the XIX century, pudding began to be prepared from flour, fruit, fat and sugar with the addition of spices. The pudding became sweet and turned into a dessert. And the pudding is supposed to have a sweet sauce, without which it is impossible in any way (cognac or rum oil, lemon or custard).

### Parkin

If you like brownies, in London you should try this dessert first of all. However, it resembles it more in consistency – the same hard, but at the same time surprisingly tender, pleasantly moist. The taste of parkin cake is more like Christmas gingerbread. It is made from oatmeal, molasses and ginger. It turns out an unusual pleasantly sticky, slightly sticky spicy cupcake. There is no chocolate in the composition, but many are sure that they feel its taste when they taste the legendary Yorkshire parkin. This dessert is the main character of Guy Fawkes Night and the pre-Christmas season.

### Trifle

Trifle (Trifle) – translated from English as "trifle" or "trifle", which indicates the simplicity of cooking. The Trifle has a long history. The British consider this dessert their national dish, which is more than 300 years old. The first recipe for English trifle appeared back in 1596. Then the dessert consisted of cream with added sugar, ginger and rose water. From England, the recipe spread widely to Scotland and America, where variations of its execution appeared. An English dessert that can conquer any sweet tooth. Be sure to try a trifle in London with your favorite fruit or jam. It is customary to serve it in a glass or a glass jar so that all layers are viewed. Traditionally, the dessert consists of a sponge cake soaked in liqueur (in the classic version, the treat is prepared differently for children), with



thick custard, fruit puree and the most delicate whipped cream. Today in London you can try trifles with chocolate, various berries or fruits, ginger sponge cake, even with Oreo – the imagination of confectioners is limitless.

### Queen Victoria's Sponge Cake

One of the most famous English desserts, which can be tasted in almost any confectionery in London. The biscuit was named in honor of Her Majesty – Queen Victoria preferred that by 5 o'clock tea there were always airy biscuits with light cream in the basket. In the name of the dessert, the word sponge is not for nothing – the cakes really resemble a sponge. Between the two layers of sponge cake is the most delicate cream of whipped cream with vanilla and strawberry puree. This British dessert literally melts in your mouth and has a refreshingly creamy taste. Tourists who have tried "Victoria's Biscuit" in London, speak about it extremely enthusiastically.

## Chapter 2. Russian desserts

### 2.1. History and features of Russian desserts

In Europe, the term "dessert" spread in the XVI century, in Russia – in the second half of the XVII century. Before that, the dessert was called "snacks", but with the advent of the term "snacks", in order to avoid confusion, "snacks" began to be called "dessert". It is believed that the word "dessert" finally entered Russian terminology in the middle of the XVIII century.

Traditional Russian desserts are primarily a variety of baked dishes. Our ancestors baked apples, pears and other fruits and berries available to them in the oven, placing them in a cast iron. Honey was added to improve the taste. Some housewives dried carrots and beets in the oven, cut into small pieces — this dish called "boys" was served with tea or for an afternoon snack.

The original Russian cuisine can surprise us with unusual dessert recipes. For example, not only sweet fruits were boiled in honey, but also vegetables —

cucumbers and carrots. In order for the delicious dish not to burn, the cast iron was put on a water bath. Elastic transparent pieces resembling modern candied fruits were obtained. Such a delicacy was available even to poor families.

Our ancestors cooked vitamin tortillas at a time when they didn't even know about vitamins. Russian desserts made from forest and garden berries were popular: viburnum, rowan, raspberry, currant. They were crushed in a mortar and then dried in a hot oven. The consistency of the resulting product resembled a pastille. In Russia, such cakes were known as "snacks". They were used in the treatment of colds, especially in the cold season.

As a dessert, a thick compote could be served on the table — "uzvar" or "brew", as well as jelly. Thick hot drinks had a sweet taste and a pleasant consistency.

### Classic Russian desserts

There are a huge number of sweets in Russian cuisine. Unique recipes have been passed down from generation to generation. Thanks to modern technologies and ingredients, chefs, bakers and confectioners reveal a new palette of flavors of native Russian desserts and pastries.

### Gingerbread

The first gingerbread was baked by the Egyptians. They baked flat cakes and smeared them with honey. In Russian gingerbread, honey is added to the dough itself. In Russia, the first gingerbread appeared at the beginning of the ninth century and was called "honey bread". Honey breads were baked from a mixture of rye flour, honey and berry puree or juice.

The name "gingerbread" appeared much later. It comes from the word "spicy" because ginger, allspice and other spices used to be put in gingerbread.

Gingerbread – a symbol of a sweet life was often given on the occasion of a celebration. There were even cases when the gift gingerbread turned out to be so big that it had to be carried on two sleds. Gifts were put on gingerbread, they were

baked for weddings. The wedding gingerbread was cut into pieces and distributed to the guests at the end of the festive feast. The first Russian gingerbread or as they were also called "honey bread" consisted of rye flour, berry juice and honey. Later, various spices were brought from India — cloves, nutmeg, orange, black pepper, mint, ginger. Baking gingerbread has become a real art. Gingerbread of a bizarre shape was covered with multicolored glaze, molded by hand, baked in special molds. Their recipes were kept in the strictest secret, so each locality had its own unique varieties of this delicacy. But the most famous are Tula and Korensky gingerbread.

### Pastille

Pastila (before the beginning of the XX century they wrote - "postila", that is, what was laid out, spread out, this was due to the technology of making pastilles) – a national dessert of apples and honey appeared in the distant XIV century. There are several legends of the recipe's birth. So, according to one version, the pastille was invented during the apple saviour. For the parishioners of one of the churches, jam was made from apples with honey, but it thickened and the delicacy had to be cut into small pieces. Another legend says that the merchant Prokhorov, a great admirer of baked apples, was the first to add honey and egg white to them, thereby obtaining the first pastille. They prepared a delicacy from sour apples, mixed with currants, mountain ash, cranberries and honey, and at the beginning of the XIX century sugar was introduced. To give the dessert a light color and density, whipped egg white was used. The preparation of the pastille was a laborious process of kneading the mass, "lining" it on a canvas cloth and drying for several days at a certain temperature. Interestingly, in the XIX century, the recipe of Kolomna white pastille was used by French confectioners. They improved it by adding whipped whites to the apple—fruit puree. This is how the French marshmallow turned out.

### Candied fruits "balabushki"

Candied fruits "balabushki" in Russia were also loved. Only they were called Kiev dry jam, or "balabushki", in honor of the Kiev merchant Semyon Semenovich Balabukha. He first opened a jam production shop, and then a sweet shop in the center of Kiev. For the first time such jam was brought from Kiev to the wedding feast of the Lithuanian Prince Jagiello in 1386. They tasted an exquisite delicacy and at the Russian Imperial

the yard. Catherine II adored the Kiev delicacy and even issued a special decree according to which dry jam from cherries, plums, peaches, apricots, nectarines, pears, prunes, rose hips had to be delivered to the court annually. Every autumn, stagecoaches with boxes and crates of Russian candied fruits were sent from Kiev to St. Petersburg. In the middle of the XVIII century there was even a separate position — "candy apprentice of the Kiev imperial court".

## Pancakes

Fritters [are thick pancakes. In the Old Russian era, we borrowed the word elaiōn from the ancient Greek language, which means "oil" in Russian, and then its suffix derivative eladion — "on oil". The last step was to change the first letter "e" to "o". Then we adjusted the pronunciation of this word to the peculiarities of Russian pronunciation, and as a result we got the desired "pancakes". (Appendix 2)

## Brushwood

Brushwood is a delicious homemade cookie that is made from dough by frying it in deep-frying (deep—frying is just hot oil). Brushwood is quite tasty and also very easy to prepare dessert. Previously, in Russia, almost no holiday was complete without crispy brushwood, which was laid out on a beautiful dish with a slide. They prepared it with imagination, trying to give the products different bizarre shapes.

The very history of the origin of the brushwood is interesting. The recipe for brushwood appeared in those ancient Middle Ages and was especially popular in monasteries. It's generally understandable! After all, in order to make firewood,

you do not need animal fats and muffins, and it fully complies with all the canons of the church Lenten cuisine. And they called this dish brushwood for its similarity to the dried and fallen branches of trees in the forest – crispy, thin, fragile, light cookies.

## Conclusion

While working on the project, we found out that desserts are a traditional addition to any menu of both Russian and English cuisine. They certainly end the dinners, they are the decoration and completion of the festive table.

When getting acquainted with the names of desserts, we learned a lot of previously unknown Russian and English words (scones, custard, balabushki, trifle, banoffee). Analyzing the meanings of the names of desserts, we found out that most of these words in both Russian and English are really related to cooking technology (Trifle, ice cream, pancakes, jelly, pastille) and ingredients (Bannofi, gingerbread), with the names of famous people (Battenberg, Queen Victoria Sponge Cake (Victoria Sponge)). Some names came from the area where the dessert was first created (Eccles puff, scones, shanezhki) and from the shape (brushwood, pudding). The hypothesis is proven.

Russian and English traditional desserts, we have compiled a book of desserts "Magic Desserts" in English and Russian, which includes desserts from English and Russian cuisine, added a dictionary of sweets to the book, which will be a good assistant when studying topics or when visiting English restaurants, for example.

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