

Traditional cuisine of different peoples is an important element of their material and spiritual culture. It is formed throughout the whole human history. In the formation of traditional cuisine complex, the following factors are of the utmost importance; geographical location, flora and fauna of peoples' historic territory. All these factors leave their imprint on the housekeeping which is the main source of the cuisine.

The topicality of this theme is stipulated by the fact that in contemporary I society, the problem of retaining traditions acquires new significance. It is necessary j to study traditional culture because it provides scholars with the valuable source of ' information.

The Crimean Tatars' cuisine, as well as many other nations' cuisine has ancient origins, and therefore its own peculiarities. Development of the nation, its historical and spiritual values, religion - all these create a unique culture, which include and culinary' traditions. The Crimean Tatars' cuisine is considered to be one of the most stable elements of ethnic group's culture. The study of the Crimean Tatars' cuisine gives opportunity to understand the problem of ethnic genesis and to analyze subethnic groups' general and specific features. First of all, it must be noted that the Crimean Tatars' cuisine before the Tatars' deportation in 1984 differs greatly from the cuisine after their deportation. And, moreover, the Crimean Tatars' cuisine differs from the cuisine of those peoples they border on.

The aim of the work is to analyze the Crimean Tatars' traditional cuisine. To accomplish this aim, we were to fulfill the following tasks: 1) to describe the Crimean Tatars' traditional cuisine on the basis of ethnographic sources; 2) to reveal the borrowed and original elements characteristic of the Crimean Tatars cuisine.

The chronological frames of the work embrace the period from the 19' to the 20th centuries. It must be noted that in our work we applied methods of research in the field. The experimental material included field-researches made in such Crimean Tatars' villages as Kujbyshevo, Bashtanovka and Kirovo of Bakhchisaray district.

The Crimea, or "Emil Ada", Green Island, the Crimean Tatars' historic native land, had never been an isolated territory, thus it had broad diverse relations both with all the people of the North, South, East, West and Christian, Muslim, and Judaic countries. Nowadays, it is a kind of a world cultural preserve which people can familiarize themselves with, only while being in the Crimea.

The Crimean Tatars, Crimea's indigenous population, united by common blood, language and traditions, are aware of their ethnic identity, kinship with other Turkic peoples, originality of their culture and religion. They have special feelings towards the Crimea as their native land; they regard other peoples and confessions with tolerance, respect them and their identity.

The Crimean Tatars retained through the centuries loyalty to their national cuisine with its ancient traditions. The Crimean Tatars' national cuisine is based on the ancient Turkic traditions with incorporation of general Crimean international features. The combination of dishes typical for nomadic cattle-breeders and farmers, reflect both ethnic peculiarities and peculiarities connected with the Crimean Tatars •node of life and history.

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CRIMEAN TATARS' TRADITIONAL CUISINE

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Traditional cuisine through the culture of behavior gives the most complete picture of the people, their character, mentality, behavioral patterns, cultured traditions and preferences, and social gradation etc. The basis of the traditional food of every nation is the source of life and its continuation.

Keywords: traditional cuisine, the Crimean Tatars, original elements ethnocultural tradition.

Традиційна кухня через культуру поведінки дає найбільш повне уявлення про народ, його характер, менталітет, стереотипи поведінки, культурні традиції і уподобання, соціальну градацію та т. д. Основа традиційного харчування кожного народу є джерелом життя і його продовження.

Ключові слова: традиційна кухня, кримські татари, оригінальні елементи, етнокультурні традиції.

Традиционная кухня через культуру поведения дает наиболее полное представление о народе, его характере, менталитете, стереотипам поведения, культурные традиции и предпочтения, социальную градацию и т. д. Основа традиционного питания каждого народа является источником жизни и ее продолжение.

Ключевые слова: традиционная кухня, крымские татары, оригинальные элементы, этнокультурные традиции.

To our opinion, folk traditions are preserved best in the national cuisine. Even under conditions of all-absorbing European civilization and loss of numerous national features, such as clothes, plates, and dishes etc., affection for ancestors' cuisine especially festive dishes, continues its existing.

There is much common among the menu of the Crimean Tatars and other Turkic peoples. Mention should also be made of some distinctive features, characteristic of the Crimean Tatars' cuisine only and original dishes which do not have analogues among kindred nations.

On the whole, the system of the Crimean Tatars' nourishment is based on the Turkic ethnocultural tradition. It becomes apparent, first of all, in the inherited from the nomadic times ancient meat dishes, daily produce and starchy foods. As regards names of dishes and technology of their preparation, many Crimean Tatars' dishes have parallels among other Turkic peoples, even those who live far away from the Crimea. The Crimean Tatars use those ingredients available on the territory they inhabit. Character of food and methods of its preparation among the steppe and mountain region Crimean Tatars differ greatly. The steppe region Tatars' food is easily cooked and is very diverse by its components. The steppe region inhabitants like meat and milk products [1]. The scholars suppose that the mountain region Tatars' cuisine is formed on the base and under the influence of cultivators' cuisine, most likely, the Greek and the Armenian ones. Along with the meat and milk products, being cooked differently, the mountain region Tatars widely use vegetables, fruit, various kinds of herbs and greens.

Accordingly, the staple food of the Crimean Tatars was primarily energy-rich and the most affordable in the conditions of a hike meat: horse meat, lamb, at least, beef. The only meat that Crimean Tatars never used being Muslims, is pork [2].

Meat is a traditional food and was used in various forms. Very common was mutton and beef. The meat was consumed fresh, widely practiced blank for future use. Jerky is called "kakach" and "bastyrma". It is roasted lamb cooked on the domestic fat with onions, and cut into small pieces. Sometimes it is collected in a special dish, filled with fat, and stored for a long time. In winter meat is salted in special wooden tubs ("chapchak") and is widely used as a roast meat cooked on the coals ("shish kebab"). At holidays, festive dishes are various kinds of pilaf ("Peel"). The characteristic feature of the Crimean Tatars' cuisine are also vegetables stuffed with meat filling: grape leaves ("yaprak sarmas"), cabbage ("cabbage sarmas"), pepper ("bieber dolmasy") [3]. Festive food should be rich in calories and vitamins, and diverse. Beautifully served table, refined china dinner and tea sets, smell of hot ' food, bright colours of juicy fruit and Eastern sweets add special joy to the whole ; festive meal

From the words of our informant, Rashitova Adile Zekieva [4], we get to know that farinaceous dishes are roasted, fried, broiled, frizzled or boiled dishes. The most favourite dishes are different kinds of "chebureks", "kobete", i.e. a pie with meat, onion, and potatoes, "yantyky", "katlama", "kalakai", "lokum", "fitchi", "makame", i.e. pasta with hrated walnuts and olive oil, "buima", and also numerous sweet disjes. The Tatars like to cook "vareniks", i.e. curd or fruit dumplings and "pelmeni", i.e.

meal dumplings. There exist many varieties of "vareniks" and "pelmeni", depending ^ their filling. For example, "tatar ash" is meat dumplings without gravy but with °ur cream or oil with fried onion. "K'ashyk ash" is very small meat dumplings **hich are served together with a broth. There is a tradition that a bride should cook as oore "k'ashyk ash" as possible. She is considered a good housewife if there are 15-20 such small dumplings in a table-spoon.

Flour food is quite different; it is steamed, boiled, and fried. Widespread among the Crimean Tatars are different cakes filled with meat, potatoes, pumpkin, rice, cheese, nuts and other fillers, often puff ("cobete", "burma", "pita"). The most popular are fresh pies with lamb or beef rolls, fried in oil ("chiberek"), or oil ("yantyky") and dumplings ("kashyk ash" or "tatarash"), boiled noodles with beans ("syuzme bakla"), boiled pieces of dough ("makame"), seasoned with chopped nuts, yogurt with garlic.

Sweet pastry is cooked in butter and cream biscuits ("kurabe"), with nut horns, and various other sweets. Dairy foods also vary significantly. The main place of dairy products is occupied by sour milk ("katik") as well as salted, thick sour milk ("syuzma katik") and cheese ("yrymchyk"). Widely practiced are various cheeses ("penir").

The traditional food of the Crimean Tatars is fi'uits and vegetables. Apples, pears, apricots, dogwood, plums, mulberries, olives, persimmons, figs, cherries, cherries, peaches, and grapes are eaten fresh. Of them people also cook jam ("tatly"), or a variety of jams ("bekmez").

In the upland areas there were widely used hazelnuts, walnuts ("dzheviz"), almonds ("badem"), various root vegetables (garlic, onion, radish, carrot, etc.), gourds (pumpkin, watermelon, cantaloupe), legumes (beans, peas, lentils), and vegetable crops (cabbage, tomatoes, peppers, cucumbers, eggplant), which are necessarily salted the winter. In the Crimea, a walnut in one form or another never leave the table all year round. If it is bread, it is used as a pie filling ("Burma") and sweet dishes. Of beverages, we should mention coffee ("kava") with cream, which is the traditional drink of the mandatory refreshments for guests, tea, and a sweet drink with lemon ("sherbef").

Since their deportation, the Crimean Tatars widely settled in the Central Asian republics and Eastern regions of the USSR, and updated their national cuisine with the new products and dishes, taking over the culinary traditions of other nations. Thus, bread appeared on the tablecloth in the form of unleavened bread made from rye and wheat flour.

The Crimean Tatars respect old people as custodians of family traditions and cultural values. Before food, everyone must wash his hands. The head of the family begins the ceremony of eating starting with the word "bismillyah" ("In the name of Allah!"). After that, all other members of the family can eat. Violation of this procedure was considered a sign of bad manners [5]. It also must be noted that the main components of the Crimean Tatars' etiquette are politeness and kind-heartedness. The Crimean Tatars always try to receive guests with a smile, even if there are some family problems.

The Crimean Tatars today have scattered across Eurasia. And naturally, they adhere to the culinary traditions of the people among whom they live. But there, the Crimean Tatar national cuisine traditions remain unchanged.

So, having analyzed the Crimean Tatars' customs and traditions, we understand that their cuisine is very healthy, tasty and diverse. It is achieved by vegetable diet and spices.

Correlation of dishes, typical both for farmers and nomadic cattle-breeders reflect the peculiarities of the Crimean Tatars' origin, mode of life and history. Characteristic relic national dishes and peculiarities of their usage, serve as an example of material and spiritual connection of different epochs. National cuisine is a kind of a bridge between the past and the present.

The Crimean Tatars' heritage is very diverse because of their complicated ethnic history which had incorporated the features of both Western and Eastern cultures.

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