



E – BOOK OF

AZERBAIJAN NATIONAL CUISINE

ETWINNING PROJECT : Health Issues among teenagers in European countries

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Gurza

Ingredients:

Mutton (beef or veal) – 500 gr

Bulb onion – 3 pieces

Suet – 100 gr (depending on individual taste)

Dill – 1 bunch

Katyk (natural yoghurt) with garlic

For dough:

Wheat – 500 gr

Egg – 1 piece

Water – 2-2S glasses

A pinch of salt

Preparation

Make minced meat with onions and suet.

Add salt and pepper. Fry it all well.

Knead stiff dough and roll to a thickness of 1 mm. Use a simple glass to cut circles.

Put a bit of minced meat on each circle and roll up from both edges to give the shape of a serpent. Leave a small hole in one edge. Boil gyurza in bouillon or salted water for 5-10 minutes (wait until it surfaces) and put on the dish using a skimmer.

Pour katyk (natural yoghurt) with garlic or tomato sauce. You can also pour 1-2 table spoons of bouillon into dish.



AFİYET OLSUN



Ingredients:

Mutton or veal (brisket or shoulder) – 1 kg

Bulb onion – 1 bunch

Chick peas – 5 glass

Chestnuts - 1 glass

Prune – 8-10 pieces

Turmeric – 3 pinches

Season to taste with salt, pepper and sumakh

Preparation:

Tasty, flavored and nourishing piti is only cooked in chanag, kyupe or dopu (all these words mean a clay in the Turkic languages, including the Azerbaijani language).

The etymology of the name of this dish derives from the Old Azeri word 'bitdi' (or 'bitti' in various dialects) - which means 'the end of festivity'. By portions, this dish is so nourishing that anyone who

finishes eating this dish then pronounces the word of 'bitdi' - meaning there is no need to eat any additional meal. In order to cook a good piti for the whole family, cut mutton (veal) into medium parts. Put the whole peeled onion into a bowl. In order to keep it whole while cooking, its tail should not be cut. Also add pre-soaked chick peas and chestnuts. Pour 4 glasses of water. Do not add salt or pepper! Bouillon should be transparent. In the beginning, put it on high heat and skim it several times. Then, reduce heat and firmly close its lid. Piti is cooked for 2-3 hours. Add prune and turmeric 30 minutes prior to the end. People use deep dish (called kyasa) to eat piti.

It unites two various dishes in itself. First of all, sprinkle salt, pepper and sumakh on the dish bed.

Crumble bread. Then, pour bouillon. It makes a very nourishing soup. Finally, people start to eat the second dish: all the ingredients in the pot are put on a dish. Add salt, pepper and sumakh.



Yarpag dolmasi – stuffed vine leaves

Ingredients

400g lamb; 120g rice; 80g onions; 60g herbs (coriander, dill and mint); 160g vine leaves; 80g yogurt; 40g melted butter; salt, pepper and cinnamon.

Preparation

Mince the boneless lamb and onions to make the dolma (stuffing). Add the rice, finely-chopped herbs (coriander, dill and mint), salt, pepper and, in some cases, chickpeas that have been soaked overnight to the mince. Parboil fresh vine leaves or boil preserved leaves until they are half-ready. Mix the filling well and wrap each vine leaf around an average of 25g of filling. Terevez (vegetable) dolma Terevez (vegetable) dolma Place the dolma in a saucepan, add water to the saucepan to just cover the dolma and cook until ready (an hour). Serve the dolma with yoghurt in a separate bowl.

The dolma liquid is served in a bowl as a first course. Then a thread of dolma is served to each person with yogurt in a separate bowl.



Dovgha

Ingredients

1.5-2 litres thick plain yoghurt

0.5-1 litre of water, depending on how thick you like your dovgha

1 egg

1-2 spoons of flour

50g short gra 3-4 large bunches of different herbs – choose from coriander, dill, mint, parsley, chervil, mountain parsley, sorrel spinach leaves, beet tops, celery tops and young wild leeks. The more varied the herbs, the richer the flavour

50-100g cooked chickpeas (also optional) in rice

Preparation

1. Wash and finely chop the herbs and cabbage (though some Azerbaijani cooks prefer more roughly chopped herbs).
2. Pour 1 cup of yoghurt into a bowl, add the egg and mix well. Add the flour and rice and stir until all is combined. (The more rice and flour, the thicker the dovgha.)
3. Pour the rest of the yoghurt into a heavy bottomed saucepan. Add the flour mixture and water and stir well.
4. Place the pan over a medium heat and bring to the boil, stirring all the time.
5. When the mixture has reached boiling point, add the chopped herbs, and precooked chickpeas if using, and mix well. Simmer on a low heat for 10-15 minutes until the rice is soft. Stir frequently.
6. Add salt just before serving. Note: Do not add salt while the dovgha is cooking or it may curdle.
7. Serve dovgha warm or at room temperature, depending on your taste. It can be eaten at the start of a meal or at the end of savoury courses. It is considered an aid to digestion, keeping your insides in top condition.

Nush olsun! Bon appétit!

