



Traditional AZERBAIJAN Cuisine



Azerbaijani cuisine is one of the most interesting one in the world in general and the Orient in particular.

It is somewhat similar to traditions of Caucasian and Central Asian people but has its distinctive features.

The majority of national food is cooked from **mutton, beef and poultry**.

Azerbaijanis as well as other Moslems
do not eat pork.

Dishes from fishes, especially of **sturgeon** and chopped meat are widely spread there.

Azerbaijani cuisine also can be vegetarian as there is abundance of vegetables in it: They cook **potato, cabbage, carrot, beet, eggplant, cucumber, tomato, sweet pepper, green string bean, radish, onion, greens, spinach, sorrel** etc.

Wide use of dressing with fragrant greens and spices gives the Azerbaijan cuisine specific taste.

Azerbaijani cuisine widely uses such domestic spices as **caraway seeds, fennel, anise, bay leaf, coriander** and such kitchen herbs as

mint, dill, parsley, celery, basil, thyme, etc.

Especially popular in Azerbaijani cuisine is **saffron**: more than 50 national dishes are cooked with this herb!

To enhance the flavors of dishes Azerbaijanis extensively use **lemons, green and black olives, cherry plums, dried apricots, powder of dried pomegranate seeds etc.**

Traditional DINNER CEREMONY in Azerbaijan



Azerbaijanis always drink **tea**, mainly black, **BEFORE DINNER.**

According to the tradition as soon as guests arrive **tea is the first thing to serve** The advantage of this tradition is that tea drinking with many guests around the table makes conversation flow smoother.

Tea in Azerbaijan is a symbol of hospitality.

After tea go **MAIN COURSES**.
Azerbaijani national cuisine
offers more than 30 soups.
Among them are every
possible meat soups
Azerbaijani soups are very
thick and rich.

DYUSHBARA =

Azerbaijan pelmeni.

1. make **broth**
2. **mince meat** with addition of **onions** and **spices**.
3. **Unleavened dough** unroll up to 1 mm thickness, then cut it into small squares.
4. The squares fill with minced meat (2-3 grams per each) and shaped like triangle pouches.
5. put them into the boiling broth for 5 minutes.
6. serve dyushbara seasoned with coriander or dried mint with separately served wine vinegar with garlic



AZERBAIJANIS
NORMALLY
DO NOT SERVE SOUPS
AT BANQUETS,
CELEBRATIONS AND
WEDDINGS.



Greens, and **fresh vegetable** as tomatoes and cucumbers (pickled in winter) are a must on the table.

National cheese ***brynza*** is always to the point))



Vegetable salads are special in Azerbaijani cuisine.

Vegetables are very thinly sliced.

Salads are eaten as side dishes.

Starters and appetizers are very popular too.

The most often served are various pickles and marinades.

The national food range also includes many dishes from **rice**.

Top proud of Azerbaijan table is **PILAU** having numerous remarkable local recipes.



Azerbaijani cuisine boasts a wide variety of **pilau**.

The basic ingredients are rice, butter, and meat which sometimes is replaced with

vegetables, greens, eggs
and even fruit.



PILAU

1. Big chunks of **mutton/beaf/poultry** are fried.
2. **onion, raisins, dried apricots and prune), chestnuts, spices** are added and stewed until ready.
3. **Rice** is fried with **butter** in a thick casserole and then boiled in salt water until ready.
4. **Saffron** dissolved in a cup of water is added to rice 5 min before it's ready to colour it into yellow

DOLMA

It is a unique dish.

Many people call it
“stuffed cabbage”.

As for dolma there are more
than 30 types of this dish.

YARPAG DOLMASY

(from grape leaves)

Mince mutton flesh and **onions**.

Add **rice**,

greens,

salt,

pepper,

spices,

(some recipes offer to add

cinnamon,

chopped chestnuts,

tomatoes).

Scald fresh **grape leaves** with boiled water.

The minced mixture is to be stirred until uniform and wrap in leaves.

Dolma is then put into a saucepan with a thick bottom, and stewed in water (half full saucepan) until ready.

Served with **matsoni** – a sort of sour milk. (matsoni can be substituted for sour cream)





- The same techniques are used for cooking
- **kyalyam dolmasy (from cabbage),**
 - **badymjan dolmasy (from eggplants),**
 - **bibyar dolmasy (from sweet pepper),**
 - **soghan dolmasy (from onion)**
 - **as well as from tomatoes, potatoes and even quinces and apples.**

Flour-based Dishes

KUTABS

are original Azerbaijani pies.

Mutton is minced with **onion**.

Pepper,
salt,
spices,

Pomegranate are added and carefully mixed.

The mixture is then wrapped in **unleavened dough** half-moon shaped slices and fried on a frying pan in oil.

Greens are also used as kutabs fillings .



Often after dinner
(especially pilau)
they serve **DOVGA** –
cold soup from sour milk.

It is believed that dovga is
good for digesting heavy
foods (rice, meats etc.)



DOVGA

Wet **peas** for 3/4 hours then boil them until half ready.

Chop **onions**.

Beat up the **yoghurt** with addition of **flour**, and then boil it on moderate flame with slow stirring.

Add the peas, **rice** and **onion**, and allow it boil up.

While it is boiling up add **cress**, **fennel** and **spinach** and boil it for 3 or 5 min. without stirring.

Take the pan from the flame and allow it stand for 1 or 2 min. without covering it.

Azerbaijani dinner
ends with desserts:
sweets, fruits or
sherbet



PAKHLAVA

The first layer of rolled out **dough** is put on oiled baking tray, the **stuffing** is strewn on it; the second dough layer is used to cover the stuffing. The procedure is repeated 8-10 times. After that pakhlava is cut in rhombuses, greased with the yolk of an egg mixed with saffron. **Nut** or **pistachio** halves are used to decorate each rhombus' middle. When ready pakhlava is coated with syrup or honey.

SHAKERBURA

Pies from fancy **pastry** with stuffing from **sweet almonds** or **fried nuts** mixed with sugar. Stuffing is wrapped in dough rounds, the edges are helically nipped. Various ornaments might be drawn on shakerbura's surface.



The caramel includes **NUT KOZINAKI, HALVA**. Among candies the most popular are **RAHAT LUKUM** (with different additions), **SHERBET**, jellied fig, nuga.





Jam

Azerbaijan cooks make jam of any fruit and berry, green walnut, water-melon peel, rose petals



Bevarages

The most widespread drink in Azerbaijan is sherbet.

To make it they use *sugar, lemon, saffron, seeds of mint and basil* as well as different *fruits*.

FRUIT SHERBET

Sugar is dissolved in boiled **water**; various **fruits, berries, mint** are added.

Served with ice cubes.



The most popular kinds of bread are oblong **CHUREK** and **PITA** - the bread baked in tendir.

From ancient times Azerbaijani dishes have been cooked in copper ware.

Even today villagers observe this tradition believing that a meal prepared in such a way is much more delicious.

**AZERBAIJAN CUISINE IS NOT ONLY TASTY BUT ALSO
GOOD FOR YOUR HEALTH –**

the evidence to this is a lot of long-livers and centenarians in the Republic.



WHAT ABOUT ONE MORE HELPING?))



THANK

you