

Հայկական Կերակուր



Armenian Cuisine

Hye2K Edition

George Family Recipes for the Next Generation

Հայկական Կերակուր

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Dedication

The first edition of this cookbook was published in 1987. It would not have been possible without the invaluable assistance of Mary O. George, my aunt and the chief cook of the Philadelphia Georges. Aunt Mary went home to be with the Lord in 1996. I would like to dedicate this new edition to her memory.

I would also like to thank the many other members of our extended family who I have had the privilege to meet during my travels in these intervening years. They have further refined my appreciation for this culture and its fabulous cuisine.



Preface

In 1906 a Brazilian ship slipped into New York Harbor, bringing a devout 34-year-old Armenian named Isaiah Geragosian (Կիրակոսեան), my grandfather. Born in Antioch, Syria on Jan. 15, 1872, he escaped death at age 23 at the hands of Ottoman Turks during a period when an estimated 50,000 Armenians were massacred, many simply because they were Christians. In time, after years traveling through Europe, he emigrated to Sao Paulo, Brazil, and became a clothing merchant.

After arriving in the United States, he went to Boston, where he learned the diamond cutting trade. Later he moved to Philadelphia, where he became the city's first diamond cutter, serving such prominent stores as Wanamaker's, Bailey, Banks and Biddle, and S. Kind & Son.

In 1909 he had accumulated enough money to marry the girl of his dreams, teenage Rachael Garboushian (Կարպուշեան), whom his parents had picked out for him, after God, he said, revealed to him that He had a wife for him in his homeland. He had exchanged pictures with her, written to her over a period of time, and had sent her a diamond engagement ring.

Rachael, it is said, traveled by horseback from Kessab, Syria through a mountainous area to reach a seaport. Rachael, accompanied by Isaiah's sister, Elizabeth, and father, John, arrived in New York on September 11. At Ellis Island, they saw each other for the first time. I can imagine my gentle, mustached 37-year-old grandfather embracing his bride-to-be, a petite, brown-eyed, shy woman of two months short of 18, and telling her the plans he had made for a church wedding.

But immigration authorities at Ellis Island decreed that Rachael could not enter the country because of being underage, unless Isaiah was willing to marry her right then and there. No problem: He obtained a license, found a German minister, and with a Catholic nun and a cleaning woman serving as witnesses, the brief ceremony began. Isaiah interpreted for Rachael, who spoke only Armenian and an Arabic dialect, having added English to many other languages he had learned in his vast travels. Later, Isaiah

and Rachael had a church wedding in Philadelphia and "lived happily ever after."

One of my grandfather's favorite Bible verses was Psalm 127:3--"Lo, children are an heritage of the Lord, and the fruit of the womb is His reward." He might well have added verse 5--"Happy is the man that hath his quiver full of them." He and my grandmother brought 15 children into the world (sadly, however, five died early in life).

They became known as the George Family, because my grandfather early Anglicized his name to George, believing his children should have a western-sounding name (George because Geragosian in Armenian means "son of Geragos," or George in English.) My aunt Esther describes the family in these terms:

"Our parents loved Jesus Christ. We were brought up in a wonderful Christ-centered home, where we learned to share, to care, and to reach out to others. Our home was always open to others. Bible study classes met in our home, and there were youth meetings and social gatherings.

"Father did our food shopping at an Italian market in downtown Philadelphia, not far from Diamond Row, where he had his business. Each Friday after leaving his office, he bought our meat for the week--usually two live chickens, which he picked and had killed, and a half of a lamb, which he asked to have cut up into chops and other pieces. Mother made Armenian dishes with ground lamb. He also bought food from a Greek store--ripe olives, Greek cheese, olive oil, and wheat. Mother made delicious Armenian meals with the wheat. Our meals were plain and healthy. Mother made our own yogurt and other healthy foods each week."

My father, Edward, the eldest of the ten children became a minister, and all nine of his siblings managed to get college or business school degrees, despite setbacks my grandfather suffered through the Great Depression. God simply supplied the needs. Grandfather Isaiah and Grandmother Rachael died in the early 1940s, he of a heart ailment and she two years later of lymphosarcoma.

As we enter the new millennium, our large, extended family members are scattered all around these United States, including, besides Philadelphia, Chicago, Los Angeles and Fresno, Calif. The fourth generation children of our family are graduating from high schools and entering colleges. Soon they will be beginning families of their own. I want to preserve some of our family's Armenian tradition for the next generations.

The idea for this cookbook has deep roots in Philadelphia, where as a youngster I often visited five aunts--Martha, Mary, Florence, Esther, and Ruth--and Uncle Frank. Aunt Mary, a tiny little lady, often called "the girl of prayer," was the George Family official cook. Mainly through her cooking skills and my father's love for Armenian food, I began collecting Armenian recipes.

Cooking skills in my aunts' Philadelphia home and in other Armenian homes have, for the most part, passed orally from generation to generation, with the women of one generation training the next. Most of these talented cooks like "Aun-tay" (my great aunt Elizabeth Mesropian) prepared food *achkee chap*, by the eye's measure. Describing the measure of salt to add to the cheese, Aun-tay would say "t(h)row", meaning the amount that would fit in her hand.

The recipe names in this book are also not exact, though I have tried to include the most common transliterations. Many dishes have multiple common names in Armenian, Turkish or Arabic. My family spoke a Syrian dialect of Armenian, Kessabtzi. They took many liberties with the spellings and pronunciations. A popular bread, called [Banirov Hatz](#) (cheese bread) in Armenian, is pronounced more like Benner Hootz in Kessab. Moving down through the generations, the word became Benderhous,

which means nothing in Armenian.

In today's fast-moving society with its fast food culture, there is the risk that these tradition culinary skills may fade, or even disappear, unless they are set down in a more permanent form. In this internetworked, information age, I felt that the recipes could be presented in a more accessible way. You may, in fact, be reading these recipes on a computer screen anywhere in the world on the World Wide Web.

I have tried to be more precise about ingredients and measures where possible and also suggested use of modern conveniences, such as frozen filo dough or a food processor. Fortunately, with the current resurgence in popularity of ethnic food in this country, many of the ingredients which were once considered exotic are now found in the gourmet sections of large supermarkets.

Here, then, is my compilation of Armenian recipes for the next generation. I take no credit for their origination; I only pass them on for you to enjoy.

Anoush êl-la!

Ed George - 1999

Contributing editor: **James R. Adair**

A Free and Independent Armenia

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ARMENIA. Called *Hayastan* by Armenians, it is one of the world's oldest centers of civilization. Armenia is an independent republic in the Caucasus Mountains. Population (1995 estimate), 3,548,000.

Armenia covers an area of 11,500 square miles. It is situated between the Black Sea and the Caspian Sea. Armenia borders on Azerbaijan, Georgia, Turkey, and Iran. Yerevan, near the Turkish border, is the capital and chief city, with a population of about 1.2 million.

The land is a lofty plateau, crossed by mountain ridges and cut by valleys. The highest peak is Mount Aragats, an extinct volcano 13,418 feet high. Mount Ararat, a symbol of Armenia and resting place of Noah's ark, is now on Turkish land, visible from Yerevan. The climate is cool in the highlands and warm in the lowlands.

About 90 percent of the people are ethnic Armenians. The remainder of the population is made up primarily of Azerbaijanis and Russians, with a small number of Kurds, Ukrainians, and other groups. The Armenians belong mainly to the Armenian Apostolic church or the Armenian Catholic church.

The chief agricultural and industrial region is the Araks River valley. Irrigated fields produce wine grapes--the most important crop--figs, olives, pomegranates, cotton, and fruits. In higher altitudes grains, sugar beets, tobacco, potatoes, and hay are grown and cattle, sheep, and goats are pastured.

Bread is the staple of the Armenian diet, along with rice and wheat. Traditional Armenian breads include *Lavash Hatz*, a flat cracker bread and many variations of pastries. Rice-stuffed vegetables and vine leaves are popular in the Armenian diet, as are barbecued meats. The cuisine of Armenia shares many characteristics of food from neighboring countries such as Turkey, Iran, Syria and Lebanon.

History. In ancient times Armenia was conquered by Assyria and by Persia, but it continued to be governed by native kings. Following conquest by Alexander the Great, it was ruled by a Greek dynasty.

In AD 300 the Armenian king Tiridates III was converted to Christianity. He at once made Christianity the state religion, making Armenian the first Christian nation. In the 5th century a separate Christian church was





established. In 653 Armenia fell to the Arabs, who were spreading their new Islamic religion. Persia took Armenia again in 1502, but the Turks soon wrested most of it from them and brought it into the Ottoman Empire. Both the Persians and the Turks oppressed their Christian subjects. The Armenians began to leave their homeland and scattered over Asia and Africa.

In 1828 Russia took from Persia the region later known as Russian Armenia. In 1878, at the Congress of Berlin that followed the Russo-Turkish War, Russia gained part of Turkish Armenia. Kurds, who had been resettled on Armenian land, massacred thousands of

Armenians in 1894, 1895, 1896, and 1909. During World War I the Turkish government systematically began to annihilate the Armenians. Many fled and immigrated to Russia, Syria, Egypt, the Balkans, Western Europe, and the United States.

The Treaty of Sèvres (1920) between Turkey and the victorious Allies recognized the independence of Armenian territories in both the Soviet Union and Turkey. In December 1920, however, the Soviets sent troops to Yerevan and set up a Soviet government over Russian Armenia. In 1922 Russian Armenia became part of the Transcaucasian Soviet Federated Socialist Republic. In 1936 the Armenian Soviet Socialist Republic was made a separate constituent republic of the Soviet Union.

A massive earthquake, measuring 6.9 on the Richter scale, devastated a widespread area near the Turkish border on Dec. 7, 1988. About 25,000 people were killed and more than 500,000 left homeless. The cities of Spitak, Kirovakan, and Leninakan were partially or totally destroyed.

With the collapse of the Soviet Union, Armenia declared its sovereignty and its independence in August 1991, and proclaimed its independence again in September.

source: [Compton's Encyclopedia Online v3.0](#) © 1998 The Learning Company, Inc.

Score to Mer Hayrenik (Our Homeland)

Մեր Հայրենիք

A.M.O

The image shows a musical score for the song 'Our Motherland' (Մեր Հայրենիք). It consists of three systems of music, each with a treble and bass staff. The key signature has two flats (B-flat and E-flat), and the time signature is common time (C). The first system has four measures. The second system has a repeat sign after the second measure, followed by two more measures. The third system has a first ending bracket over the last two measures, followed by a second ending bracket over the last two measures, which ends with a double bar line.

ՄԵՐ ՀԱՅՐԵՆԻՔ

Մեր Հայրենիք, ազատ անկախ,
Որ ապրել է դարե դար
Իր որդիքը արդ կանչում է
Ազատ, անկախ Հայաստան:

Ահա եղբայր քեզ մի դրօշ,
Ջոր իմ ձեռքով գործեցի
Գիշերները ես փունջեղայ,
Արտասուքով լուացի:

Նայիր նրան երեք գոյնով,
Նուիրական մեկ նշան,
Թող փողփողի թշնամու դեմ,
Թող միշտ պանծայ Հայաստան:

Ամենայն տեղ մահը մի է
Մարդ մի անգամ պիտ' մեռնի,
Բայց երանի՛ որ իւր ազգի
Ազատութեան կը գոհուի:

Միֆայել Նալպանտեան

Mer Hayrenik azad angakh,
Vor abrel es tareh tar,
Eer vortikuh art ganchoum eh,
Azad angakh Hayasdan.

Nayir nran, yerek kouynov,
Nviragan mer nshan,
Togh poghpaghi tshnamou tem,
Togh mishd bardza Hayasdan.

Aha, yeghpayr, kez mee trosh,
Vor eem tserkov kordzetsi,
Kisherneruh yes koon chegha,
Ardasoukov Ivatsi.

Amenayn degh mahuh mee eh,
Mart mee ankam bid' merni,
Paits yerani vor eer azki
Azadoutian guh zohvi.

Armenian Alphabet

Ա ա Բ բ Գ գ Դ դ Ե ե Չ չ Է է Ը ը Թ թ Ժ ժ Ի ի Լ լ Խ խ
a p k t e z e e t zh i l kh
Օ օ Կ կ Ր ը Ղ ղ Ծ ծ Ս ս Յ յ Ն ն Շ շ Ո օ Կ կ Բ
dz g h ts gh j m y n sh o ch b
Չ չ Ռ ռ Ս ս Վ վ Տ տ Դ դ Յ յ Լ լ Փ փ Բ բ Օ օ Ֆ ֆ
ch r s v d r ts v p k o f

Hayr Mer

(Lord's Prayer)

HAYR MER vor hergins yes, soorp yeghitzi anoon ko.

Yegestzeh arkayootyun ko.

Yeghitzin gamk ko, vorbes hergins yev hergri;

Uzhatz mer hanabazort, door mez aysor.

Togh mez uzbardis mer Vorbes yev mek toghoomk merotz bardabanatz.

Yev mi danir uzmez ee portzootyun, Ayl purgya ee chareh.

Zi ko eh arkayootyun yev zorootyun yev park havidians. Amen.

Hamime

Garmir Bgh-beghi Aghtsan

Կարմիր Պղպեղի Աղցան

Red Pepper Salad

Serves 4



Cooks in Armenian homes store away the hamime pepper mixture in the fall when red peppers come into season and enjoy hamime throughout the year. [Red Pepper Paste](#) is quite similar to hamime pepper mixture, but is dried before storage. It is likely that the original version of hamime used this dried paste rather than the fresh pepper mixture used here. If you want to try a recipe using the flavor of the dried paste, [Muhamara](#) dip is a close relative of hamime.

Hamime

2 cups	red pepper mixture (below)
1/4 cup	tomato paste
1 medium	tomato, cut-up
1/4 cup	onion, finely chopped
12	Kalamata olives, pitted and chopped
dash	lemon juice
1/4 cup	olive oil
1/2 teaspoon	kamoon
	salt and pepper to taste

Red Pepper Mixture

6 - 8 large	red bell peppers
2 - 8	red Anahiem chili peppers
1/2 cup	walnut pieces
	salt to taste

Pepper Mixture

1. Cut up peppers, removing pulp, seeds and stems, and coarsely grind in food processor or meat grinder with walnuts (about 1/2 cup nuts for each 4 cups of peppers) and a little salt. You may use all sweet peppers or a mixture of sweet and hot according to your taste.

2. Pack mixture in containers and refrigerate or freeze for later use.

Hamime

1. Drain excess moisture from pepper mixture and combine with tomato paste using approximately 1 tablespoon paste per 1/2 cup of peppers.
2. Mix in tomatoes, olives and a little onion.
3. Season with a pinch of cumin and salt and pepper to taste.
4. Add a dash of lemon juice and drizzle with olive oil.
5. Chill before serving in small bowls with pita bread on the side.

Banir Aghtsan

Bunyer

Cottage Cheese Salad

Serves 2



Quick and easy salad. In our family, this was called simply "bunyer". Served in small bowls with pita bread.

Ingredients

1 cup	cottage cheese
2 Tablespoons	crumbled feta cheese
1 Tablespoon	tomato paste
1 Tablespoon	chopped onion
1/4 cup	diced tomato
1/4 cup	cut-up green pepper (use bell peppers, mild frying peppers or chiles)
2 Tablespoons	chopped black olives
2 Tablespoons	olive oil
pinch	kamoon
pinch	oregano
	salt and pepper to taste

Preparation

1. Mix tomato paste with cottage cheese using approximately 1 Tablespoon paste per cup of cottage cheese.
2. Add feta cheese, onion, tomato, green pepper, and chopped olive.
3. Sprinkle a dash of cumin and oregano.
4. salt and pepper to taste.
5. drizzle with olive oil.

Salata

Haigagan Aghtsan

Աղցան

Armenian Salad

Serves 4



This salad features a tangy dressing and chunks of feta cheese. Serve with wedges of warm pita bread.

Dressing

1 clove	garlic, pressed
1/2 cup	olive oil
1/2 teaspoon	dry mustard
1/4 cup	red wine vinegar (or lemon juice)
1 teaspoon	oregano
	salt and pepper to taste

Salad

1 head	Romaine lettuce, torn
1	red onion, thinly sliced
1 pint	cherry tomatoes
3 or 4	scallions, chopped
1/2 cup	black Greek olives, pitted
1	cucumber, sliced
1 medium	bell pepper, cut in rings
4 ounces	feta cheese, crumbled
2 Tablespoons	chopped parsley

Preparation

1. Mash garlic with a dash of salt in a small bowl.
2. Mix in other dressing ingredients and allow to set 30 minutes for flavors to blend.
3. Combine salad ingredients in bowls, making an attractive arrangement with the tomatoes and pepper rings. Keep chilled until ready to serve.
4. Pour dressing over salad just before serving.

Tabouleh

Wheat and Parsley Salad

Serves 6



Tabouleh is a healthy and refreshing salad served throughout the Middle East. It is essential to use fresh parsley and mint when making tabouleh. Many traditional Lebanese recipes for tabouleh use a much higher proportion of parsley to bulghur. If you prefer this style, increase the parsley to 3 cups.

Ingredients

1 cup	fine (#1) bulghur wheat
1 1/2 cups	fresh parsley, chopped
3/4 cup	cooked chick peas, chopped
1 cup	green onions, thinly sliced
1 large	tomato, chopped
1/4 cup	fresh mint, chopped
1/4 cup	extra virgin olive oil
1/4 cup	lemon juice
	salt to taste

Preparation

1. Rinse bulghur several times, then mix with 2 cup cold water and let stand 2 hours to soften.
2. Press out excess moisture in strainer.
3. Wash parsley, drain and pat dry with paper towels, remove stems and discard, finely chop leaves.
4. Mix parsley with bulghur in a large bowl, add chick peas, green onions, tomato and fresh mint.
5. Combine oil, lemon juice and salt, pour over tabouleh and mix thoroughly.
6. Chill well before serving
7. Spoon tabouleh into small bowls lined with lettuce leaves. Serve with pita bread.

Notes

Add 1/2 cup plain madzoon for a moister consistency.
If you can't find #1 bulghur, use #2 (medium) instead.

If you are making tabouleh a day ahead, add tomato right before serving.

Fattoush

Toasted Pita Bread Salad

Serves 6 - 8



Fattoush means simply "wet bread" in Arabic. The ingredients in this tasty salad vary with the seasons. Other vegetables that are sometimes added include radishes, blanched cauliflower, pickled cucumbers and bitter greens. Romaine is used in this version to give a more traditional western salad. It would be more authentic to omit it.

Ingredients

2	pita breads, split horizontally
1 clove	garlic, crushed
1 teaspoon	salt
2 Tablespoon	fresh lemon juice
1 1/2 teaspoons	pomegranate molasses
3/4 cup	extra virgin olive oil
1/2 cup	fresh mint leaves, coarsely chopped
1/2 cup	minced flat-leaf parsley
2-3	tomatoes, diced
1 large	cucumber, chopped into half moons
1	green pepper, chopped
1	onion, cut into wings
1 head	romaine lettuce, cut crosswise into 1/2-inch ribbons
1 Tablespoon	sumak powder

Preparation

1. Toast the pitas until golden and crisp. When cool enough to handle, break the pitas into 1-inch pieces.
2. In a mortar, pound the garlic with the salt to a smooth paste. Stir in the lemon juice and pomegranate molasses. Drizzle in the olive oil, stirring until blended.
3. In a large bowl, combine the tomatoes, onion, cucumber, bell pepper, lettuce, parsley and mint. Stir the dressing, pour it over the salad and toss well. Sprinkle the toasted pita pieces and the

sumak on top and serve at once.

Jajukh

Ճաճուկիս

Yoghurt Cucumber Salad

Serves 4-6



Jajukh is a delightfully refreshing salad of cool cucumbers, tangy madzoon and a hint of fresh mint.

Ingredients

2 medium	cucumbers
2 cups	madzoon, drained
	salt to taste
	fresh mint

Preparation

1. Wash and peel cucumbers.
2. Cut each into 4 or 8 lengthwise strips then slice very thin. Cut off seedy part if seeds are too big.
3. Stir madzoon with spoon, add a little water if madzoon is too thick
4. Add the cucumber and a pinch of salt.
5. Blend all together and chill well.
6. Garnish with fresh mint leaves if desired.

Challum

Titvash

Թիթվաշ

Pickled turnips and red cabbage

Contributed by Ronnie George



These Armenian pickles served as appetizers or used as garnishes

Brine

2 cups	water
1/2 cup	vinegar
2 Tablespoons	salt (not iodized)
1 Tablespoons	spice mixture (coriander, dill, mustard seed)
1 or 2 cloves	garlic

Vegetables

white turnips
red cabbage

Preparation

1. Mix brine ingredients and heat.
2. Cut up turnips in sticks like French fries. Coarsely shred red cabbage.
3. Place in clean jar or Tupperware bowl.
4. Add hot brine to cover.
5. Seal and refrigerate several days or weeks to desired flavor and crispness.

Muhammara

Garmiroug

Կարմիրուկ

Red Pepper Dip with Walnut and Pomegranate

Makes 4 cups



This dip is a delicious combination of flavors - nutty, slightly spicy, sweet and sour. The wonderful color compliments a meze platter. It seems a close cousin to the [Hamime](#) salad made by our family.

Ingredients

2 1/2 pounds	red bell peppers
1 small	red hot Fresno chile pepper , or substitute 1 Tablespoon red pepper paste or more to taste
2 cups	walnuts, coarsely ground
2/3 cups	toasted pita bread crumbs (1 1/2 loaves)
1 small	clove garlic, crushed with salt
2 Tablespoons	pomegranate molasses
1 Tablespoon	fresh lemon juice
3/4 teaspoon	kamoon
3/4 teaspoon	salt
1/2 teaspoon	sugar
1 cup	olive oil
2 teaspoons	toasted pine nuts or pistachios or black olives, chopped
pinch	kamoon
	olive oil

Preparation

1. Roast bell peppers and chiles either over coals or a gas burner or under an electric broiler, turning frequently until blackened and blistered all over, about 12 minutes.
2. Place in a covered bowl to steam 10 minutes (this loosens the skin).
3. Rub off the skins, slit peppers open and remove stems, membranes and seeds. Spread bell peppers, smooth side up, on a paper towel and let drain 10 minutes.
4. In a food processor, grind walnuts, bread crumbs, garlic, pomegranate molasses, lemon juice,

- kamoon, salt, and sugar until well blended.
5. Add roasted bell peppers; process until pureed.
 6. Add chiles or pepper paste to taste. (If the paste is too thick, thin with 1 or 2 tablespoons water)
 7. With the machine on, add olive oil in a thin stream, blend until thick and smooth.
 8. Refrigerate overnight to allow the flavors to mellow.
 9. When ready to serve, transfer the dip to a serving dish. Sprinkle pine nuts or pistachios or olives and kamoon, then drizzle with olive oil.
-

Note

You can substitute a 12oz jar of roasted bell peppers if you don't want to roast your own as described here, do not use the marinated ones.

Hummus bi Tahini

Tahinov Siser

Chick Pea and Sesame Dip

Contributed by Ronnie George

Serves 4 - 6



Hummus is a classic middle eastern dip which is served before meals with wedges of pita bread. The taste is somewhat dry and nutty.

Ingredients

1-19 oz can	chick peas
1/2 cup	sesame tahini
2 cloves	garlic
3 Tablespoons	lemon juice
3 Tablespoons	olive oil

Preparation

1. Drain chick peas, reserving liquid.
2. Combine with other ingredients in food processor, process until smooth.
3. Add some chick pea liquid if necessary to make desired consistency.
4. Spread dip in a shallow serving dish, swirling it with the back of a spoon. Drizzle with olive oil and garnish with parsley. Lightly sprinkle paprika and [kamoon](#).

Derevi Sarma

Derevi Patdadz, Yalanchi, Yapraki,
Cigars

Տըրևի Բաթնած

Stuffed Grape Leaves with rice and olive oil

Stovetop

Makes about six dozen



Sarma are tasty and attractive as appetizers for an Armenian meal. These are the ones without meat, hence the name "*Yalanchi*". They are eaten out of hand and sometimes dipped in *madzoon*. This is a different recipe from the 1st edition. The currants give a slightly sweet taste which makes the sarma delicious!

Ingredients

16 ounce jar	grape leaves (about 80)
	rice filling (below)

Filling (about 5 cups, enough to fill 60-80 leaves, depending on size.)

2 lbs	onions
1 cup	medium grain rice
1/2 cup	olive oil
1/3 cup	tomato paste
1 large bunch	parsley
1/2 cup	lemon juice
1/4 cup	fresh mint - chopped
2 Tablespoon	fresh dill - chopped
1/4 cup	currants
1/4 cup	pine nuts
1 teaspoon	salt
1/2 teaspoon	black pepper
1/2 teaspoon	paprika

Preparation

1. Chop onions and parsley, mint and dill. Saute onions in oil for 15 minutes. Stir in rice and lemon juice and cook 10 minutes longer.
2. Add remaining filling ingredients and cook a few minutes longer. (rice should not be completely cooked, it will expand after it is filled into the grape leaves)

Filling may be prepared in advance and refrigerated

3. Rinse and soak grape leaves in hot water to remove brine. Remove stems
4. Place each leaf with shiny side down on a plate. Put 1 to 1 1/2 tablespoons of filling at stem end. roll once, fold in sides and roll the rest of the way. Try to get them as tight as possible.



5. In pan for cooking place torn grape leaves to line the bottom (you can also use a few lettuce leaves to line the pan).
6. Pack rolled grape leaves close together, as many layers as needed.
7. Add 3 cups water, put a heavy plate on top of the leaves to keep them from floating up.
8. Bring to a boil on med high heat (watch closely not to scorch the bottom). Lower heat , cover and simmer for 45 minutes.
9. Allow to cool, uncover and drain liquid. (grape leaves will discolor if uncovered while still hot)
10. Serve at room temperature with lemon wedges.

Notes

It is important to roll sarma tightly and completely enclose the filling. Leaves which tear can be used to line the bottom of the pan. Pack tightly together and hold down with a plate while cooking to prevent unraveling. If too much water gets into the sarma, they will be soft and bland in taste.

Gaghampi Sarma

Cabbage Sarma

Stuffed Cabbage

Stovetop

Makes about two dozen



Cabbage may be used instead of grape leaves to make sarma. You may also roll cabbage sarma with meat filling like [Mixed Dolma](#)

Ingredients

1 large	head of cabbage
	rice filling (below)

Filling (about 5 cups)

2 lbs	onions
1 cup	medium grain rice
1/2 cup	olive oil
1/3 cup	tomato paste
1 large bunch	parsley
1/2 cup	lemon juice
1/4 cup	fresh mint - chopped
2 Tablespoon	fresh dill - chopped
1/4 cup	currants
1/4 cup	pine nuts
1 teaspoon	salt
1/2 teaspoon	black pepper
1/2 teaspoon	paprika

Preparation

1. Chop onions and parsley, mint and dill. Saute onions in oil for 15 minutes. Stir in rice and lemon juice and cook 10 minutes longer.
2. Add remaining filling ingredients and cook a few minutes longer. (rice should not be completely cooked, it will expand after it is filled into the grape leaves)
Filling may be prepared in advance and refrigerated

3. Remove hard core center of cabbage
4. Place stem end down in boiling water to cover. Add salt, bring water to boil again and simmer for two minutes.
5. Begin to peel off leaves as they soften.
6. Cut the large leaves in half, remove the center hard vein.
7. Place each leaf with outside down on a plate. Put 2 to 3 Tablespoon of filling at base end. roll once, fold in sides and roll the rest of the way. Try to get them as tight as possible.
8. In pan for cooking place torn leaves to line the bottom (you can also use a few lettuce leaves to line the pan).
9. Pack rolled cabbage leaves close together, as many layers as needed.
10. Add 3 cups water, put a heavy plate on top of the leaves to keep them from floating up.
11. Bring to a boil on med high heat (watch closely not to scorch the bottom). Lower heat , cover and simmer for 45 minutes.
12. Allow to cool, uncover and drain liquid. (cabbage leaves will discolor if uncovered while still hot)
13. Serve at room temperature with lemon wedges.

Notes

It is important to roll sarma tightly and completely enclose the filling. Leaves which tear can be used to line the bottom of the pan. Pack tightly together and hold down with a plate while cooking to prevent unraveling. If too much water gets into the sarma, they will be soft and bland in taste.

Midia Dolma

Tsgnaganchi Litzk

Stuffed Mussels

Stovetop

Serves 6



This elegant appetizer has its origins in ancient Armenia.

Ingredients

36	large mussels (in shells)
1/3 cup	olive oil
3 cups	finely chopped onion
1/2 cup	uncooked rice
1/4 cup	dried currants
1/4 cup	pine nuts
1/2 teaspoon	allspice
1/4 teaspoon	cinnamon
	salt and pepper
2 cups	water
1 Tablespoon	lemon juice
2	lemons cut into wedges for garnish

Preparation

1. Scrub mussels, loosen (do not separate) shells, and remove beard.
2. Rinse under cold, running water then soak in cold water 1 hour.
3. Meanwhile, saute onion in olive oil.
4. Remove from heat and stir in rice, currants, nuts, allspice, cinnamon, salt and pepper. Set aside to cool.
5. Rinse mussels again under cold, running water.
6. Place 1 Tablespoon of filling in each shell. Close tightly and tie with a piece of string.
7. Arrange in layers in a heavy casserole. Add water and lemon juice. Place an inverted plate on top to hold mussels down during cooking.
8. Bring to a boil, cover and simmer 1 hour.
9. Uncover and cool to room temperature.

10. Remove mussels from casserole, cut string off and arrange on serving dish. Garnish with lemon wedges.

Sucmic Kufta

Kednakhnzor Kufta

Potato and Bulghur Appetizers

Serves 4 - 6



Sucmic is a wonderful way to use up leftover mashed potatoes. This is a variation on [Red Lentil Kufta](#).

Ingredients

1 1/2 cup	cold mashed potatoes
1/2 cup	fine bulghur wheat
1 small	onion, chopped fine
2 Tablespoons	tomato paste
1/4 cup	fresh parsley, chopped
1/2 teaspoon	paprika
1 1/2 Tablespoon	olive oil
1/4 teaspoon	crushed red pepper
	salt and pepper to taste

Preparation

1. Knead bulghur into mashed potato until well mixed
2. Add remaining ingredients, mix well.
3. Shape into small egg-sized portions with hands.
4. Chill before serving
5. Arrange sucmic on a platter and brush lightly with olive oil. Garnish with sprigs of parsley.

Vosbov Kufta

Lentil Kufta

Red Lentil and Bulghur Appetizers

Stovetop

Serves 4 - 6



Very similar to the [Sucmic Kufta](#) made with potatoes. Lentil Kufta can be served hot or cold as an appetizer.

Ingredients

1 cup	red lentils
3 cups	water
1/4 cup	olive oil
1/4 cup	butter, cut in pieces
1 large	onion, finely minced
1 cup	fine bulghur wheat
2	scallions, minced
	salt and hot red pepper to taste
1/2 bunch	parsley, minced

Preparation

1. In a large pot combine the lentils with the water. Bring to boil. Simmer 25-30 minutes until lentils are very soft and liquid is absorbed.
2. While lentils are cooking, saute onion in oil until golden brown.
3. Transfer onions to a large bowl and stir in bulghur , butter and cooked lentils. Cover and leave at room temperature 20 minutes or longer, until bulghur softens.
4. Moisten your hands with water and knead the kofta for three to five minutes. Mix in half the scallions. Add salt and red pepper, blending well.
5. Shape into walnut-size balls, dipping your hands in water to keep kofta from sticking.
6. Garnish with parsley and remaining scallions.

Dabgvadz Giger

Fried Liver Appetizers

Stovetop

Serves 4 - 6



As we were growing up, the George Family had an uncomplimentary Armenian word to describe liver for dinner. As an adult, however, I have found this particular dish quite tasty. Make sure to get the tender calf's liver. Serve as an appetizer or meat course.

Ingredients

1 pound	calf's liver
3 Tablespoons	olive oil
1/3 cup	flour
6	green onions, sliced
1/4 cup	chopped parsley
1	tomato seeded and chopped
	salt and pepper

Preparation

1. Cut liver into 3/4" pieces.
2. Heat olive oil in a heavy skillet
3. Dredge liver in flour and quickly brown in hot oil. Do not overcook
4. Set liver aside and keep warm
5. Add scallions to skillet and saute until soft
6. Add parsley and tomatoes, mix and pour over liver
7. Season to taste with salt and pepper. Serve warm

Basterma

Basturma, Pasturma

Dried, Spiced Beef



This is the most popular Armenian deli meat, available in Middle Eastern specialty shops. Serve Basterma thinly sliced on a meza platter or cook with eggs. Wrap leftover Basterma well, as the wonderful aroma of chaimen will quickly permeate your refrigerator.

If you are a bit adventurous, you can make Basterma at home. The best time to make Basterma using this traditional method is in the fall when the weather is cool and windy. Total preparation time the old fashioned way is about 5 weeks. Basterma is a good candidate for preparation in a food dehydrator, which would cut the drying time by three weeks!

Ingredients

Slices of beef rib meat 1 1/2" thick and 3-4" wide of any length desired

coarse salt

[Chaimen](#)

Preparation

1. Put a heavy string through one end of meat and tie into a loop
2. Cover meat with coarse salt and let stand in a pan for 3 days
3. Wash off salt and soak meat in water for 1 hour.
4. Hang and dry for 1 hour.
5. Wrap meat in a cloth, place on a flat surface and cover with a board and heavy weight to drain the juices. Continue for 2 days, changing cloth twice a day.
6. Hang in a cool windy place for 2 weeks until meat is quite dry.
7. Make [chaimen](#) and soak meat in it for 2 weeks
8. Hang meat again for another week. It is now ready to eat.
9. Store in pickling jars, slice very thin for serving.

Notes

If Basterma becomes too dry in storage, soak again in chaimen until it becomes soft enough to slice.

Soujouk

Pasturma, Yershig

Երշիկ

Spiced, Cured Armenian Sausage

Makes 2 pounds



Soujouk is a dry, cured sausage. Armenians typically fry it with eggs at breakfast. Soujouk contains lots of spice and garlic, and it takes several days to cure, so plan accordingly. It is best prepared during dry winter days because the summer heat can spoil the meat before it cures.

Ingredients

- 1 pound ground beef
- 1 pound ground lamb
- 2 teaspoons salt
- 1 teaspoon [Middle Eastern spice](#)
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 4 cloves garlic, minced or pressed
- 1 pair knee high stockings with the foot section cut off and knotted (cheese cloth also works)

Preparation

1. Mix all ingredients (except stockings) very well. Knead mixture until smooth. Set aside for 1 hour. Then divide into two parts to make two large sausages.
2. On a flat surface, spread one stocking flat with the openings towards you.
3. Take a hand full of meat mixture and stuff it deep into the stocking. Press well to flatten.
4. Continue stuffing the stocking until full (leave enough stocking to tie the end off).
5. Before you tie the end, pat and press until well pressed and flat (about 1 inch thick and 3-4 inches wide). Tie the end of the stocking.
6. Repeat the stuffing procedure for the other half of the meat.
7. Place the two sausages on old newspaper in a well vented place. Place a flat board on top of them. Place a heavy object on top of the arrangement in order to press the sausages into form.
8. After 24 hours, remove weight and hang the sausages to dry in a cool, well ventilated

area and away from pets.

9. After 4 days, the sausages are ready to eat. Reduce standing time in hot weather. Dry winter days are best for making this sausage.
10. To serve: Peel back stocking to expose the amount of sausage you wish to cook. Slice sausage crosswise into 1/2 inch thick slices.
11. In a frying pan, heat slices on medium heat (do not add oil). Slightly brown both sides.
12. Add eggs to the sausages (any egg style you like) and cook until done.

Madzoon

Yoghurt

Մածոն



Directions for making fresh yoghurt

Stovetop

Makes 1 quart

Madzoon is a staple in the Armenian house which is used as a soup, drink, dip, topping or simply eaten out of a bowl. It is surprisingly simple to make using this classic recipe.

Ingredients

1 quart	whole or skim milk
1/2 cup	nonfat dry milk (optional to add body)
1/2 cup	starter madzoon

Preparation

1. Combine dry milk with fresh milk
2. Heat mixture until very hot - do not boil
3. Allow mixture to cool to lukewarm (125°F)
4. Stir in starter madzoon
5. Pour into a heavy bowl and cover with a plate.
6. Wrap bowl in a heavy towel and set in a warm place for 6 to 8 hours.
7. Chill several hours before serving.

Notes

Starter madzoon may be from a previous batch or any commercial yoghurt with active cultures. Dannon plain yoghurt works well.

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Kamvadz Madzoon

Drained Yoghurt

For recipes requiring thickened yoghurt, place madzoon in a fine strainer over a deep bowl for 2-4 hours to drain excess whey. Use as directed.

Notes

Drain overnight for the consistency of cream cheese - a low fat alternative on bread or bagels.

Nylon plastic yoghurt strainers are available in gourmet stores.

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Tahn

Chilled yoghurt beverage



Tahn is a popular beverage, refreshing in hot weather. Often served with meals.

Ingredients

1 cup	plain yoghurt, drained 3 hours
1/2 to 1 1/2 cups	ice-cold water
	salt to taste
	Ice cubes

Preparation

1. Place yoghurt in a deep bowl and stir until smooth
2. Gradually whisk in water until well blended
3. Add salt and mix well
4. Serve well chilled over ice

Tanabour

Թանապուր

Madzoon Soup

Stovetop

Serves 4



This is a wonderful soup! A hearty bulghur and vegetable soup, made rich and tangy with the addition of Madzoon. A light meal can be made of Tanabour and a Lahmajoon.

Ingredients

1 quart	lamb or chicken broth
1/2 cup	coarse (#3) bulghur , barley or rice
1 small	onion chopped or sliced
1 stalk	celery, sliced
1	carrot, sliced
3 cups	madzoon
1	egg
1/8 pound	butter, melted
1/4 cup	chopped mint and parsley
	salt and pepper to taste

Preparation

1. Soak wheat or barley overnight in lukewarm water. Drain. If using rice, use directly from box, do not soak.
2. Add broth and vegetables and cook until tender.
3. Beat madzoon and egg together and add slowly to the soup.
4. Melt butter, mix with mint and parsley and add to soup before serving.

Tzavarabour

Tomato Soup with Bulghur

Stovetop

Serves 4 - 6



This is a fresh tomato soup with chopped spinach and bulghur wheat.

Ingredients

2 Tablespoons	butter
4	ripe tomatoes, peeled, seeded and finely chopped
1/2 cup	coarse(#3) bulghur wheat
4 cups	beef broth, boiling
	salt and pepper
1/2 pound	fresh spinach, coarsely chopped
1 clove	garlic, crushed
2 Tablespoons	lemon juice
2 teaspoons	dry mint

Preparation

1. Melt butter over medium heat
2. Add tomatoes and cook 5 minutes, stirring and crushing
3. Add bulghur and cook 5 minutes, stirring
4. Add hot broth, salt and pepper, spinach and garlic
5. Bring to a boil, stirring. Cover and simmer 30 minutes
6. Add lemon juice and mint in the last 5 minutes

Banirov Hatz

Bender Hootz

Պանիրով Հաց

Armenian Cheese Bread

500°F Oven

Serves 10 - 12



Banirov Hatz, pronounced as "Bender Hootz" in Kessabtzi, is served as an appetizer or snack. Aunt Florence would always offer a choice of V8 or apple juice to go along with it. A reasonable imitation can be made by simply spreading the topping on a pizza shell or pita bread and baking.

Crust

5 1/2 cups	sifted all-purpose flour
1 teaspoon	salt
1/3 cup	Crisco shortening
1/2 package	active dry yeast
1 teaspoon	sugar
3 Tablespoons	lukewarm water
1 1/2 cup	warm water

Cheese Topping

1 pound	dry curd cottage cheese
2 ounces	bleu cheese
1 1/2 Tablespoon	tomato paste
3/4 teaspoon	ground cumin
1 large or 2 small	sweet yellow onion(s)
1/2 teaspoon	paprika
1 teaspoon	crushed oregano
1/3 cup	olive oil

Preparation

1. Make dough
Mix flour and salt
Mix yeast, sugar and 3 Tablespoons lukewarm water. Allow to stand for 2 or 3 minutes.
Add yeast to flour, mix in Crisco and enough warm water to make dough.
Knead until smooth and elastic.

- Place dough in a covered bowl and allow to rise 3 to 4 hours or until doubled in bulk.
2. Prepare topping while dough is rising
Cut cheese small using a potato masher.
Chop onions fine and add to cheese mixture.
Add remaining ingredients and mix well.
 3. After dough is risen, divide into 4 pieces.
 4. Roll each piece of dough into a circle 9-10" round, about 1/4" to 3/8" thick.
 5. Allow rounds of dough to relax for 10 minutes.
 6. Spread cheese topping on dough leaving 1/2" uncovered at edges.
 7. Bake on greased baking sheet at 500°F until edges are golden brown and cheese is melted, about 10 minutes.
 8. Cool slightly and serve warm.
-

Notes

Bender Hootz may be prepared in advance and warmed before serving. Wrap and refrigerate.

You can substitute Feta cheese for the mixture of cottage and blue cheeses

Lahmajoon

Missahatz

Լախմաճուն

Flat Lamb Pies (Armenian Pizza)

450°F Oven

Serves 12



Lahmajoon has been referred to as Armenian pizza. These delicious pies are sold by street vendors in the Middle East rolled and wrapped in waxed paper. Lahmajoon is the Arabic name; in Armenian, it is missahatz (meat bread).

If there is no time to make the dough, split pita rounds are an acceptable substitute.

Crust

2 cups	sifted all-purpose flour
1/2 cup	lukewarm water
1 pkg	active dry yeast
1/4 cup	melted Crisco
1/2 teaspoon	salt
1/2 teaspoon	sugar

Meat Topping

1 lb	lamb, ground fine
2 cups	onion, chopped fine
1/4 cup	fresh parsley, chopped fine
1/2 small	bell pepper, chopped
1 teaspoon	fresh mint leaves, chopped
1/2	clove garlic, chopped
1/2 small(6oz) can	tomato paste
1/2 small(12oz) can	whole tomatoes, drained
dash	lemon juice
	salt and pepper to taste

Preparation

1. Mix dough ingredients thoroughly
2. Knead well until smooth and elastic

3. Cover and allow to rise 2 to 3 hours or until doubled in bulk.
 4. Prepare meat mixture while dough is rising.
 5. Mix meat ingredients thoroughly in order listed.
 6. After dough has risen, divide into 12 egg-shaped pieces.
 7. Allow to rest 10 minutes
 8. Roll each piece of dough into a circle 6" to 7" in diameter, very thin (less than 1/8" thick)
 9. Spread approx. 1/3 cup of meat mixture thinly on flattened dough, covering entire surface.
 10. Place lahmajoons on a greased baking sheet and bake in 450° F oven for 10-15 minutes.
-

Notes

Lahmajoons may be baked ahead of time and warmed before serving. Stack in a pan with meat sides facing, refrigerate.

Shoushmayov Katah

Gatah

Sesame Rolls

375°F Oven

Makes 18



Classic Armenian yeast rolls. They may be served at any time. Delicious with cheese. The pinwheel shape is just a suggestion, you can make knots and braids, etc.

Ingredients

1 package	dry yeast
1/2 cup	luke warm water
5 cups	flour
2	eggs
1/2 cup	olive oil
1/2 cup	condensed milk
1/2 cup	sugar
1	beaten egg
	sesame seeds

Preparation

1. Dissolve yeast in water
2. Place flour in a large bowl, make a well in the center and add the yeast mixture, eggs, olive oil, milk and sugar.
3. Mix together, turn out on to a floured surface and knead into a soft dough
4. Rise until doubled in bulk, punch down.
5. Break off small pieces and roll each into a rope 12" long and 1/2" thick
6. Wind into a pinwheel shape.
7. Place rolls 2" apart on a baking sheet, brush with beaten egg and sprinkle with sesame seeds
8. Cover and let rise for 2 hours.
9. Bake at 375° F 15 to 20 minutes or until golden brown

Tset Keghkeh

Choereg

Olive Oil Dinner Roll

350°F Oven

Makes 32



These pinwheel shaped rolls are served with coffee or meals. Slightly sweet. Good with cheese. Add the anise for authentic flavor

Ingredients

5 1/2 cups	sifted all-purpose flour
1/4 cup	warm water
1 pkg	yeast
1 1/4 cup	lukewarm milk
2	eggs, beaten
1 cup	olive oil
1/4 cup	sugar
1 teaspoon	salt
1 1/2 teaspoon	ground aniseed (optional)
1 1/2 teaspoon	baking powder
1/2 teaspoon	nigella seed (sev hoondig)
1	egg for glazing

Preparation

1. In a large mixing bowl, sprinkle yeast over warm water. Add a pinch of sugar and allow to proof for a few minutes
2. Add milk, eggs, oil, melted butter, sugar, salt, aniseed, black seend, and baking powder. Blend well.
3. Mix in enough flour to form a soft dough.
4. Knead on a floured surface until smooth.
5. Place in an oiled bowl, cover and allow to rise 2 hours or until doubled in bulk.
6. Divide dough into 32 pieces and shape with oiled hands.
 - Roll each piece into a rope approximately 12" long.
 - Wind into a flat pinwheel shape.
7. Arrange on a greased baking sheet and allow to rise 1 hour.

8. Brush tops with beaten egg.
9. Bake at 350°F for 20 minutes until golden brown.

Arabic Pita

Arapagan Hatz

Արաբական Հաց

Armenian Style Pocket Bread

525°F Oven

Makes 12 - 15 loaves



This Arabic bread is distinguished by the hollow pocket which develops in the middle while baking. Pita is used for dipping, filled for sandwiches, or just served with meals.

Ingredients

2 packages	active dry yeast
2 1/2 - 3 cups	lukewarm water
8 cups	unbleached white flour
2 cups	whole wheat flour
1 1/2 teaspoon	salt

Preparation

1. Dissolve yeast in 1/2 cup water
2. Place flour in large bowl, mix in salt.
3. Pour in yeast mixture and add enough additional water to make a stiff dough.
4. Knead until smooth.
5. Let rise until doubled in bulk.
6. Punch down and divide into pieces 3" in diameter.
7. Let rise for 1 hour.
8. Preheat oven to 525° F
9. Roll out balls of dough on floured board to 8" - 9" in diameter.
10. Using a small wooden paddle, place loaves, one at a time on bottom plate of oven. (use a baking stone or inverted cookie sheet on the lowest shelf of an electric oven)
11. Bake until puffed and lightly brown, 3 1/2 to 4 minutes.
12. Stack baked loaves on top of each other and keep covered with a towel until cooled.

Notes

Do not roll too thin or the pocket will not form.

If you do not have a baking stone, line a cookie sheet with clean, unglazed quarry tiles - available at your home center store.

Greek Pita

Peda Hatz

Greek-style flat bread

400°F Oven

8 loaves



This flat bread is similar to Armenian or Syrian style pita but does not have a pocket in the middle. Warm pita on a lightly oiled grill and serve with meals or wrapped around meat in Greek [Gyros](#) or [Sowlaki](#)

Ingredients

2 3/4 to 3 1/4 cups	unsifted flour
1/4 cups	sugar
1/2 teaspoon	salt
1 package	yeast
5 Tablespoons	softened butter
2/3 cup	very warm water
1	egg (at room temperature)

Preparation

1. Thoroughly mix 3/4 cup flour, sugar, salt and yeast.
2. Add butter and gradually add water.
3. Beat for 2 minutes with mixer on medium speed.
4. Add egg and 1/2 cup flour, beat 2 minutes on high speed.
5. Stir in enough additional flour to make a soft dough.
6. Knead until smooth and elastic.
7. Let rise in a warm place until doubled in bulk.
8. Punch down and divide into 8 equal pieces.
9. Shape each piece into a ball, then place on greased baking sheet and flatten into an 8" circle.
10. Let rest 15 minutes.
11. Bake at 400° F for 6 to 8 minutes until lightly brown.
12. Cool and wrap tightly until ready for use.

Lavosh Hatz

Լավաշ Հաշ

Armenian Cracker Bread

450°F Oven

Makes 2 Crackers



Lavosh has recently become popular in this country as a base for many types of canapes and other appetizers. It is also good served at the table with meals. Our local warehouse store prepares a party tray called "Hye Roller" with Lavosh!

Ingredients

1 cup	flour
1 1/2 teaspoons	sugar
1/8 teaspoon	baking soda
1/8 teaspoon	salt
2 Tablespoons	softened butter
6 Tablespoons	buttermilk
1 Tablespoon	toasted sesame seed
1	egg white, slightly beaten

Preparation

1. Arrange oven racks so that they are spaced evenly with lower rack at least 6" from bottom. Preheat oven to 450° F.
2. Combine flour, sugar, baking soda and salt.
3. Using pastry blender, cut in butter until mixture resembles coarse crumbs.
4. Add buttermilk, stirring with fork until mixture is moist enough to hold together.
5. Knead dough lightly until smooth. Divide in half.
6. Roll out each piece on a floured sheet of waxed paper into a 10" circle about 1/16" thick.
7. Invert each circle onto a greased cookie sheet and peel back waxed paper.
8. Brush dough with egg white and sprinkle with seeds.
9. Bake 10 minutes, switching cookie sheets halfway through to assure even browning.

Notes

To soften Lavosh, run cold water over both sides of cracker, place in a plastic bag

for 20-30 minutes.

Banirov or Sbanakhov Beoreg

Khmoreghen

Պանիրով Խմորեղեն

Baked Cheese or Spinach Pie with Filo
Contributed by Ronnie George

350°F Oven

Serves 10 - 12



Beoreg is delicious as an appetizer or side dish with layers of spinach or cheese filling baked in flaky filo pastry.

Ingredients

1 recipe	cheese or spinach filling (see below)
1 1/2 pound	filo dough
1 cup	melted clarified butter (ghee)

Cheese Filling

1 pound	Muenster cheese, grated
1/2 pound	cottage cheese
1	egg
1/2 cup	chopped parsley
1/2 teaspoon	salt

Topping

1	egg
1 cup	milk

Spinach Filling

2 pounds	fresh spinach
4 medium	yellow onions, chopped
1/4 pound	butter
1/4 cup	tahini
1/4 cup	bread crumbs
3 Tablespoons	olive oil
	salt and pepper to taste

Preparation

1. Make Cheese or Spinach filling.

Cheese Filling

Mix all filling ingredients thoroughly.

Beat egg with milk for topping and set aside.

Spinach Filling

Wash spinach thoroughly and chop coarsely.

Cook for 5 minutes in boiling water. Drain and squeeze out as much water as possible.

Saute onion in butter until lightly brown.

Add spinach, olive oil and salt and pepper. Cook for 20 minutes on low heat.

Mix in tahini and bread crumbs.

2. Brush bottom of 18" x 11" x 2" pan with oil.
3. Place a sheet of filo dough on the bottom and brush with butter.
4. Repeat until half of dough sheets are used.
5. Spread cheese or spinach filling evenly on top of filo layers.
6. Cover with remaining sheets of filo dough, buttering each sheet lightly.
7. With a sharp knife, cut into individual portions or squares.
8. Pour topping (cheese beoreg only) over entire beoreg.
9. Bake in 350°F oven until golden brown.

Note

Filo dough dries quickly in the heat of the kitchen. Work with one sheet at a time, keeping the rest covered with a lightly dampened cloth. Filo may be purchased frozen or bought fresh from a Middle Eastern restaurant or deli.

Dabgadz Banirov Beoreg

Selaki

Պանիրով խմորեղեն

Thin Fried Dough with Cheese Filling
Contributed by Mary Kludjian

Stovetop

Serves 10 - 12



One of my father's favorites, This Beoreg makes a delicious appetizer - very light and delicate. This dough is quite easy to work with. The thinner you roll the dough, the better your Selaki will be. You can also use a mild Feta cheese in place of the cottage and bleu cheeses. In Kessab, the name "Selaki" referred to several kinds of fried dough. Do not confuse this with the sweet deep fried dough served with sugar as a confection.

Dough

3 1/2 cups	flour
1	egg, beaten
1 Tablespoon	olive oil
dash	salt
about 1 cup	water

Filling

1 pound	dry curd cottage cheese
1/4 pound	bleu cheese, cut small
2 med.	onions, diced
	black pepper
	red pepper
2 Tablespoon	olive oil

Preparation

1. Mix filling ingredients and allow to set for flavors to blend.
2. Mix flour and salt, and egg and oil.
3. Add enough water to form a pliable dough.
4. Knead well
5. Shape dough into small balls (about 1 ounce) with a teaspoon and roll each one paper thin.

6. Place a small amount (scant teaspoon) of the cheese mixture on half of each circle and spread out.
 7. Fold over other half of circle and seal edges.
 8. Fry both sides in oil until golden brown.
 9. Drain on paper towels and serve warm.
-

Notes

If you have a marble rolling pin and pasta board, you can get the dough very thin (thin enough to see that pattern of the marble). This also works well on a stone counter top.

Do not use too much filling, spread out very thin.

Selaki can be kept warm as you make them in a slow (275°F) oven.

Rice Pilaf

Telahaysov Printzi Yeghintz

Թելահայսով Բրիսձի
Եղիևց

Armenian Rice with Vermicelli
Aunt Mary's classic recipe

Stovetop
Serves 4



Pilaf is a staple with Armenian meals. This is the classic recipe for Armenian rice, other varieties are presented on the following pages. Serve a bowl of [madzoon](#) on the side for topping the pilaf.

Ingredients

1 cup	long grain white rice
1/4 cup	fine egg noodles
2 cups	chicken broth
2 Tablespoons	butter

Preparation

1. Saute noodles in butter over medium heat until lightly brown.
2. Add rice and continue to saute for a minute.
3. Slowly pour in chicken broth, bring to a boil and stir once with a fork.
4. Reduce heat, cover and simmer for 20 minutes.
5. Fluff pilaf with a fork, replace cover and allow to stand 5 to 10 minutes before serving

Bulghur Pilaf

Wheat Pilaf, Brown Pilaf

Bulghur Wheat with Vermicelli

Stovetop

Serves 4



Pilaf is a staple with Armenian meals. Brown pilaf is a healthy and hearty side dish for to accompany meats and chicken. Serve a bowl of [madzoon](#) on the side for topping the pilaf.

Ingredients

1 cup	#3 (coarse) bulghur wheat
1/4 cup	fine egg noodles
2 cups	chicken broth
2 Tablespoons	butter

Preparation

1. Saute noodles in butter over medium heat until lightly brown.
2. Add bulghur and continue to saute for a minute.
3. Slowly pour in chicken broth, bring to a boil and stir once with a fork.
4. Reduce heat, cover and simmer for 20 minutes.
5. Fluff pilaf with a fork, replace cover and allow to stand 5 to 10 minutes before serving

Harsanik Yeghintz

Wedding Pilaf

Stovetop

Serves 4



This magnificent pilaf is reserved for special occasions.

Ingredients

1 recipe	rice pilaf (substitute water for the broth)
2 Tablespoons	butter
1/3 cup	dried apricots
1/3 cup	pitted dried prunes
1/3 cup	dried currants
1/3 cup	finely chopped blanched almonds
2 Tablespoons	honey
1 Tablespoon	hot water

Preparation

1. Melt butter in a skillet over medium heat. Add fruit and nuts and sauté until lightly browned, stirring
2. Combine water and honey and add, cook over low heat about 10 minutes until thickened, stirring occasionally.
3. Arrange pilaf on a serving dish, top with fruit sauce.

Lamb Pilaf

Rice Pilaf with Lamb

Stovetop / 300° F oven

Serves 6



Typical of dishes from Persian Armenia, savory and sweet flavors are mingled in this colorful pilaf.

Ingredients

3	Tomatoes, peeled
4 Tablespoon	Olive oil
2 Med.	onions; chopped
2 pound	Lamb, cubed
	Salt and black pepper
1/4 teaspoon	Cinnamon
2 Tablespoon	Pine nuts
3 Tablespoon	Raisins
4 oz	Fresh or dried apricots, halved
1	Green pepper; sliced
1 1/2 cup	Long grain rice
1/4 cup	Fresh parsley; chopped
3 cup	Beef broth

Preparation

1. Prepare in a 5 quart dutch oven that can be placed in an oven.
2. Heat oil, add onion and fry until soft and golden.
3. Add lamb and brown on all sides. Add salt, pepper and cinnamon.
4. Add tomatoes, pine nuts, raisins, apricots and green pepper, cover and simmer for 10 min.
5. Add the rice and fry for 2 min.
6. Add parsley, and broth.
7. Cover and cook over moderate heat approx. 20 min., until all the liquid has been absorbed.
8. Place casserole in a preheated 300° F oven for approx. 30 min.

9. Serve with a few spoons of yogurt that has been flavored with lots of fresh garlic.

Fassoulia

Lupia

Լուփա

Juicy Stringbeans

Contributed by Mary George

Stovetop

Serves 4



A simple, but delicious vegetable side dish. May be made with fresh or frozen beans. Chunks of cooked lamb are sometimes added to this dish.

Ingredients

10 ounce package	French-cut string beans
1 small	onion, chopped
1/2	green pepper, chopped
1/4 cup	fresh parsley, chopped
2 Tablespoons	butter
1 15 oz can	tomatoes, crushed.
1/2 cup	water
1/2 teaspoon	mint
	salt and pepper

Preparation

1. Partially cook stringbeans.
2. Saute onion, pepper and parsley in butter.
3. Add tomatoes, water, mint and cooked beans.
4. Simmer for 15 minutes
5. Add salt and pepper to taste.

Benajune

Sempoog

Ամբուկ

Juicy Stewed Eggplant

Contributed by Mary George

Stovetop

Serves 6



A simple, but delicious vegetable side dish. Squash may be substituted for the eggplant.

Ingredients

1 medium	eggplant
1 small	onion, chopped
1/2	green pepper, chopped
2 Tablespoons	olive oil
1 15 ounce can	tomatoes, crushed
1/2 teaspoon	basil leaves
1/2 teaspoon	fresh mint
	salt and pepper
1 cup	water

Preparation

1. Peel and cube eggplant
2. Saute onion and pepper in oil, season with basil, mint, salt and pepper.
3. Add tomatoes and eggplant.
4. Add water and bring to a boil, simmer approximately 1/2 hour.

Shish Kebab

Shampouri Khorovadz, Shashlik

Խորոված

Barbecued Lamb on a Skewer

Grill or Broiler

Serves 4-6



Probably the most popular Armenian dish, Real shish kebab is made only with lamb. Tomatoes are placed on separate skewers to prevent overcooking.

Ingredients

2 - 2 1/2 pounds	boned leg of lamb or shoulder
1/2 cup	olive oil
2 Tablespoons	lemon juice
1 Tablespoon	light soy sauce
1 Tablespoon	tomato paste
1/2 teaspoon	oregano
1 Tablespoon	fresh mint, chopped
2 cloves	garlic, crushed
2 large	onions
2	green bell peppers
4 small	tomatoes
	melted butter

Preparation

1. Cut lamb into 1 1/2 inch cubes
2. Mix oil, lemon juice, soy sauce, tomato paste, oregano, mint and garlic. Pour over lamb.
3. Marinate 3 hours or overnight in refrigerator.
4. Peel onions and cut in half across the middle. Cut each half into quarters. Peel the layers to make three pieces from each quarter.
5. Cut pepper in half and then in thirds lengthwise. Cut each piece across.
6. Arrange marinated lamb on skewers, alternating with pepper or onion.
7. Quarter tomatoes, place on separate skewers and brush with butter.
8. Grill lamb until lightly browned on all sides, about 15 minutes. Put tomatoes on during last half of cooking time.

9. Keep a covered pot by the grill. Using a fork or a round of pita bread, slide lamb and vegetables off the skewers and into the pot as they are done.
10. Serve over [rice pilaf](#).

Khozi Shish Kebab

Khorovadz Khozi Miss

Խորոված խոզեկի

Grilled Pork on a Skewer with Pomenganate Syrup

Grill

Serves 4



Unlike many Middle Easterners, Armenians enjoy pork. I first experienced this version of Shish Kebab at our cousin's in Fresno, CA.

Ingredients

- 2 pounds boneless lean loin of pork, cut in 1 1/2-inch cubes
- salt and pepper
- 8 green onions, chopped
- Spiced pears, peaches, grapes or apricots
- [Pomegranate Syrup](#)

Preparation

1. Rub pork cubes with salt and pepper and thread on long skewers
2. Grill 3-4 inches from the heat, turning frequently until cooked through and evenly browned. 15-20 minutes.
3. Slide meat off the skewers onto warmed plates
4. Garnish with green onion and fruits. Serve Pomegranate Syrup on the side.

Luleh Kebab

Khorovadz

Խորոված

Spiced Ground Lamb on Skewers

Grill or Broiler

Serves 5 - 6



When I lived in Tucson, AZ, our Armenian club raised money each year by serving Luleh Kebab in pita bread at the annual fall ethnic festival.

Ingredients

1 pound	ground lamb or beef chuck
1/3 cup	dry bread crumbs
1 med	onion, chopped fine
1/3 cup	chopped parsley
1/4 teaspoon	allspice
1/3 cup	tomato sauce
1/3-1/2 cup	water
1 teaspoon	salt
1/4 teaspoon	black pepper
pinch	Kamoon
	olive oil

Preparation

1. Mix all ingredients together. Shape on skewers like fingers 4" long by 1 1/4" thick.
2. Brush with olive oil.
3. Grill over hot coals or place in shallow pan and broil close to heat. Turn over when brown, about 5 min. per side. Brush occasionally with olive oil.
4. Serve wrapped in pita bread and top with [Madzoon](#) or [tahini sauce](#)

Dabgvadz Kufta

Khorovadz

Խորոված

Armenian-Style Hamburgers

Grill or Broiler

Serves 4



Try these for a change of pace from ordinary hamburgers

Ingredients

3/4 pound	ground lamb, not too lean
1/4 pound	ground beef
1 medium	onion, chopped fine
2 Tablespoons	chopped parsley
2 Tablespoons	green pepper, chopped fine
3/4 cup	tomato juice
	salt and pepper to taste.

Preparation

1. Knead ingredients together
2. Chill several hours for flavors to blend
3. Fry, broil, or grill as desired.

Gyros

Spiced Lamb in Pita
(adapted for home preparation)

Grill or Broiler
Serves 8



Pronounced "year-o", these sandwiches are sold in Greek restaurants, from food counters in shopping malls and on the streets of Manhattan. Hot meat is traditionally sliced to order from a large piece cooking on a vertical rotisserie. Pita is often oiled and warmed on a grill.

Gyros

8	Greek pita loaves, warmed
8	Spiced lamb patties (below)
1 cup	Tsazeki sauce (below)
2 cups	shredded lettuce
1	thinly sliced tomato
1	thinly sliced onion

Spiced Lamb Patties

1 pound	ground lamb
2 teaspoons	oregano
1 1/2 teaspoons	kamoon
1 1/2 teaspoons	salt
1 Tablespoon	fresh mint, chopped
1/4 teaspoon	pepper.

Tsazeki

1 cup	madzoon or sour cream
1/4 cup	chopped cucumber
1 clove	garlic, minced

Preparation

1. Mix Tsazeki and chill
2. Mix lamb pattie ingredients well, divide into 8 parts and shape into oblong patties.

3. Grill approximately 4 minutes on each side.
4. Place a lamb patty in the center of each pita.
5. Top with lettuce, tomato, onion and 2 Tablespoons tsazeki.
6. Roll bread around filling in cone shape and wrap waxed paper around the bottom half, twisting to seal

Falafel

Fried Vegetable Fritters in Pita

Deep Fry or 450°F Oven

Serves 6



Falafel is a delicious meatless sandwich which is very popular in Jewish neighborhoods in many cities. I was introduced to falafel in college at an event sponsored by the Hillel Foundation. You may bake the falafel to reduce the fat. They aren't quite as good, but they are healthier.

Falafel

2 (15-ounce) cans	chick-peas (garbanzo beans), rinsed and drained
1/2 cup	grated onions
1/2 cup	snipped fresh parsley
1	egg
1 clove	garlic, minced
1 teaspoon	Kamoon
1/4 teaspoon	salt
1/4 teaspoon	ground black pepper
Dash	ground red pepper
6	pita breads, warmed and opened
2 cups	shredded leaf lettuce
3/4 cup	Tahini Sauce (below)
	Oil for deep frying

Tahini Sauce

1/4 cup	Tahini
1/2 cup	Water, or more
1	Garlic Clove, crushed
1 Tablespoon	Lemon Juice, freshly squeezed

Preparation

1. In a blender or food processor, combine the chick-peas, onions, parsley, egg, garlic, cumin, salt, black pepper and red pepper.

2. Pulse blend or process until the mixture resembles coarse cornmeal.
3. Cover and refrigerate for 30 minutes.
4. Shape the mixture into 1 inch balls. Set aside.
5. Mix tahini sauce ingredients. The mixture should be the consistency of a creamy salad dressing. Add more water, if necessary.
6. Heat 2 inches of oil in a large skillet. Add the falafel a few at a time and cook about 5 - 6 minutes or until crispy and golden. Alternately, place on a greased baking sheet and bake in a 450°F oven for 10 minutes.
7. To serve, open the pocket of each pita. Line each pocket with some of the lettuce, then place two or three patties in each. Top each with 2 Tablespoons of tahini sauce.

Dolma

Missov Bighbeghi yev Loligi Letdadz
Լեզնած

Stuffed Vegetables with Rice and Meat
Contributed by Mary George

Stovetop
Serves 4 - 6



Dolma are delicious as a main course or side dish. Serve in a deep dish with some remaining tomato sauce from the pan.

Ingredients

1 pound ground lamb or beef
1 cup uncooked rice
2 medium onions, chopped
a few sprigs parsley
sprinkle fresh mint
salt and pepper to taste
1 1/4 cup tomato sauce
Vegetables for stuffing - tomatoes, bell peppers, cabbage or grape leaves.

Preparation

1. Mix filling ingredients, adding in pulp of fresh tomatoes if used, otherwise use 1/4 cup of the tomato sauce.
2. Prepare vegetables as directed below, and fill with meat mixture. Pack lightly to allow for expansion of rice.
3. Place stuffed vegetables together in a deep frying pan and add tomato sauce and 1-2 cups water. Cover and simmer over low heat until tender. Approximately 1 hour.

Tomatoes

Wash and cut off tops. Save tops to place back on tomato when filled. Scoop out pulp (add it to raw meat and rice mixture). Sprinkle a little salt and lemon juice inside to keep tomatoes more firm.

Bell Peppers



Cut off tops, scoop out insides.

Grape Leaves and Cabbage

Prepare as for [derevi sarma](#).



Missov Sokhi Dolma

Letdadz

Լեդադձ

Onions Stuffed with Meat and Rice

Stovetop

Serves 4



These are very good dolma to serve as a side dish. Use sweet onions if you can get them.

Ingredients

4 large	onions (more if needed)
	Boiling salted water
1 pound	ground lamb or beef
1 cup	uncooked white rice
1 cup	finely chopped onion
1/4 cup	finely chopped parsley
sprinkle	fresh mint
	salt and pepper to taste
1 1/4 cup	tomato sauce
1 cup	water

Preparation

1. Make a lengthwise slit on one side of each peeled onion, cutting all the way to the center.
2. Cook the onions in boiling salted water for about 5 minutes, until soft enough for layers to separate.
3. Combine lamb, chopped onion, rice, parsley, mint, salt and pepper, and 1/4 cup of tomato sauce for filling. Knead with the hands until well blended.
4. Gently peel off the layers of each onion.
5. Place 1 Tablespoon of the meat mixture on each layer of onion and roll firmly, with the natural curve.
6. Line the bottom of a heavy casserole with leftover pieces of onion. Place the stuffed onions close together in the bottom of the casserole.
7. Pour remaining tomato sauce and water over the dolmas.
8. Cover and cook over low heat for 40 minutes or until done.

Madzoonov Hav

Chicken in Yoghurt Sauce

Contributed by Howard Landon

Stovetop and 375°F Oven

Serves 3 - 4



Yes, this dish is somewhat rich, but everything in moderation! Uncle Howard describes the sauce on this chicken as "unctuous" and the meat literally falls off the bone. The lemony yoghurt flavor is very Middle Eastern.

Ingredients

6 Tablespoons	butter
1 medium	onion, sliced
2 1/2 to 3 pound	chicken, cut into 8 pieces
pinch	salt
	freshly ground black pepper
1 1/2 cups	chicken stock
6 Tablespoons	light cream
5 Tablespoons	plain yoghurt
	juice of 1 to 2 lemons

Preparation

1. Melt the butter in a skillet and saute the onions until they are soft and translucent.
2. Add the chicken and quickly brown on all sides, about 10 minutes over medium heat.
3. Add the seasonings and stock and simmer uncovered for about 30 minutes, turning occasionally.
4. Meanwhile, preheat the oven to 375° F.
5. Mix together the cream, yoghurt and lemon juice to taste.
6. Grease a casserole, transfer the chicken to it and pour the creamy sauce over.
7. Roast about 1 1/2 hours, or until the chicken is tender and the juices run clear if the flesh is pierced with the tip of a knife.
8. Turn occasionally and add more lemon juice mixed with water if too much sauce evaporates. Serve with mashed potatoes, salata and bread for mopping up the rich, unctuous sauce.

Notes

Watch carefully while roasting and turn to prevent over browning

Chee Kuftha

Kibbe Nayee

Armenian Steak Tartare

Serves 4 - 5



Like its French cousin, Chee Kuftha is a delicacy which is eaten raw. Only the freshest meat must be used. Grind it yourself, keep very cold and serve promptly.

Ingredients

1 pound	lean lamb or beef round steak (ground 3 times)
1 cup	fine (#1) bulghur wheat
1/2 cup	V8 juice mixed with 1/2 cup cold water
1/4 cup	cold water (to be added as you work with the mixture)
1 teaspoon	salt
1/4 teaspoon	black pepper
1/2 teaspoon	cayenne pepper
1/2 teaspoon	paprika

Garnish

1/2 cup	green pepper, chopped
1/2 cup	parsley, chopped
1/2 cup	onions, chopped fine (and/or scallions)
	fresh dill (opt.)

Preparation

1. Soak bulghur in V8 juice. Add salt, pepper and mix. Put in refrigerator for 10 minutes.
2. Add meat and 1/2 cup of garnish greens. Knead for 5 minutes.
3. Mound in flat oval shape on serving platter or shape into small serving pieces.
4. Garnish with chopped greens and serve with pita bread.

Notes

Always grind Chee Kuftha meat yourself.
Keep very cold while preparing and serve right away.
Leftovers should be refrigerated and may be fried or baked later.

Harpoot Kufta

Stuffed lamb meatballs in broth

Stovetop

Serves 6 - 8



There are countless variations of stuffed Kufta throughout the Middle East. Harpoot Kufta (named for an Armenian city) is boiled and served in a bowl with the cooking broth. These same Kufta may also be baked or deep fried and served as an appetizer.

Filling

1 lb	lamb, ground with additional fat
2 large	onions, sliced
1/4	green pepper, chopped
2 Tablespoons	chopped parsley
1 Tablespoon	chopped pine nuts
1/4 teaspoon	mint leaves, chopped fine
1/2 teaspoon	basil
1 teaspoon	salt
1 teaspoon	pepper
1 teaspoon	cinnamon

Keyma (outside layer)

1 lb	lean lamb, ground twice
1 cup	very fine(#1) bulghur wheat
	salt and pepper
1 small	onion chopped fine.
1/2 Tablespoon	chopped parsley

Broth

2 quarts	water
1	soup bone
3 Tablespoons	tomato paste
	salt

Filling

1. Fry meat over medium heat until browned, stirring occasionally. Do not drain fat.
2. Add the onions and cook over low heat for 30 minutes, stirring frequently.
3. Add green pepper, parsley and cook 10 minutes more.
4. Add remaining ingredients and cook 5 minutes longer.
5. Chill several hours in refrigerator. Filling may be made the day before.
6. Shape the chilled filling into balls the size of large marbles, about a teaspoonful.

Keyma

1. Mix lamb, salt and pepper with bulghur and knead like a dough, adding a little water from time to time. Knead for 20 minutes until the mixture is like a medium soft dough.
2. Dip hands in cold water and form into balls the size of a walnut.
3. Make a dent in the middle of each ball with your thumb and press all around the inside wall to make a round opening for the filling. The thinner the wall, the better.
4. Place the filling into hollow keyma and bring open edges of the kufta together, sealing and smoothing the surface with wet fingers. Flatten kuftas slightly by pressing between palms.
5. Make a broth by boiling the soup bones in salted water. Remove scum from surface and strain. Add tomato paste and simmer.
6. Cook kuftas, a few at a time in boiling broth. Balls should rise to the surface when cooked.
7. Remove carefully with a slotted spoon to prevent puncturing balls.
8. Serve immediately, with tomato broth.



Notes

If any meat and bulghur mixture is left over, shape into small patties and boil the same way as the kuftas. This patty when cold may be cut in half, dipped in egg and fried.

Sini Kufta

Sinira

Baked lamb and wheat casserole

350°F Oven

Serves 8



Sini Kufta is easy to make and impressive to serve. A favorite for buffets.

Filling

1 pound	fatty ground lamb or beef
1 cup	sliced onions
1/4 cup	chopped green pepper
1/4 cup	chopped parsley
1 teaspoon	crushed basil
1 teaspoon	chopped mint
1/2 teaspoon	ground cinnamon
pinch	red pepper
	salt, pepper to taste

Keyma (outer layer)

1 pound	lean ground lamb or beef
1 cup	fine(#1) bulghur wheat
1	egg
	salt, pepper to taste

To Finish

1/2 stick	butter
1/2 cup	lamb or beef broth
1 Tablespoon	tomato paste

Preparation

1. Saute all filling ingredients frying pan.
2. Chill for 3-4. hours or until fat has hardened.
3. To make keyma, mix lean lamb, wheat, egg, salt and pepper. Knead keyma mixture well. (Keep hands moist with cold water to knead well.)

4. Line casserole pan (9" x 13" x 2") with half of keyma mixture.
5. Spread chilled filling mixture over this.
6. Top with remaining half of keyma mixture.
7. Mix broth and tomato paste. Pour broth over all. Dab with butter.
8. Bake covered in 350°F oven for 45 minutes. Remove cover last 15 minutes.
9. Cut lengthwise and then on diagonals to make diamond shaped pieces.

Eggplant Moussaka

Μουσακάς

Greek Eggplant and Meat Dish

350°F Oven

Serves 6 - 8



A delicious main course, moussaka has layers of eggplant covered with meat sauce topped with a cheese flavored custard. They had great moussaka at the Greek festival in Tucson, Az every year.

Moussaka

1 large	eggplant (about 2 pounds)
	olive oil
	Meat Sauce (below)
	Cream Sauce (below)

Meat Sauce

1 large	onion, chopped
2 cloves	garlic, crushed
2 Tablespoons	olive oil
2 pound	ground beef or lamb
1 cup	chopped, peeled tomatoes
2 Tablespoons	tomato paste
1/2 cup	white wine
2 Tablespoons	chopped parsley
1 teaspoon	sugar
1/4 teaspoon	cinnamon
	salt and pepper

Cream Sauce

1/4 cup	butter
1/3 cup	flour
2 cups	milk
1/8 teaspoon	cinnamon or nutmeg
	salt and pepper

1/4 cup
1

grated Parmesan cheese
egg, lightly beaten

Preparation

1. Slice eggplant 1/4" inch thick, leaving skin on. Sprinkle with salt and let set for 1 hour. Dry with paper towels.
2. Fry slices in oil until lightly browned on both sides, stack on a plate and set aside.
3. **Make meat sauce:** Saute onion and garlic in oil, add meat and brown over high heat. Add remaining meat sauce ingredients, cover and simmer for 30 minutes.
4. **Make cream sauce:** Melt butter in saucepan, stir in flour and cook for 2 minutes. Add milk all at once and bring to a boil, stirring. Simmer for one minute. Remove from heat, stir in cinnamon or nutmeg, 1 Tablespoon of the cheese and salt and pepper to taste. Cover.
5. Oil a 13" x 9" x 2" baking dish and place a layer of the eggplant slices in the bottom. Top with half of the meat sauce, add another layer of eggplant, remainder of meat and finish with eggplant.
6. Stir beaten egg into cream sauce and spread on top of dish. Sprinkle with remaining cheese.
7. Bake at 350°F for one hour. Let set for 10 minutes before cutting into squares and serving.

Pastitsio

Greek Macaroni and Meat Pie

350°F Oven

Serves 6



Pastitsio is often called Greek Lasagna. Layers of Penne Pasta and meat sauce, with a creamy custard topping. A bit rich, but worth it.

Ingredients

1 pound	Penne pasta or long macaroni
4 Tablespoons	butter
3/4 cup	grated Parmesan cheese
1/4 teaspoon	nutmeg
	salt and pepper
3	eggs, lightly beaten

Meat Sauce

1 large	onion, chopped
1 clove	garlic, crushed
2 Tablespoons	butter
1 1/2 pound	ground beef or lamb
1/4 cup	tomato paste
1/2 cup	dry white wine
1/2 cup	meat stock
2 Tablespoons	chopped parsley
1/2 teaspoon	sugar
	salt and pepper

Cream Sauce

1/3 cup	butter
1/2 cup	flour
3 cups	milk
1/4 teaspoon	nutmeg

Preparation

1. Cook macaroni in boiling salted water until tender, drain.
2. Melt butter and pour over macaroni. Add 1/2 cup of the cheese, the nutmeg, salt and pepper to taste and toss well. Cool. Add eggs and toss again. Set aside.
3. **Make meat sauce:** Saute onion and garlic in butter, add meat and brown. Add remaining sauce ingredients, cover and simmer for 20 minutes.
4. **Make cream sauce:** Melt butter in a saucepan, stir in flour and cook gently for 2 minutes. Add milk all at once and bring to a boil gently, stirring. Add nutmeg, salt and pepper to taste. Cool slightly and add beaten egg.
5. Added 1/2 cup of cream sauce to meat sauce.
6. Butter a 13" x 9" x 2" baking dish. Spoon half of the prepared macaroni in the bottom and top with meat sauce. Cover with remaining macaroni.
7. Pour on cream sauce and spread to cover macaroni. Sprinkle on remaining cheese and bake at 350°F for 50 minutes. Let stand for 10 minutes before cutting into squares and serving.

Patijan Karni Jarek

ՍՄԲՈՒԿ

Baked Eggplant stuffed with Ground Meat

450/375°F Oven

Serves 4



This Armenian eggplant stuffed with lamb is delicious as a main dish or side dish. You can also make Patijan Karni Jarek with smaller Japanese eggplants, used whole.

Ingredients

1 large or 2 small	eggplants
1/4 cup	butter, melted
1 pound	ground lamb meat
1 small	bell pepper, chopped
2 small	onions, sliced lengthwise
1/4 cup	chopped parsley
1 teaspoon	salt
1/2 teaspoon	pepper
1/4teaspoon	allspice
1 clove	garlic
1/2 cup	canned tomatoes
1 Tablespoon	tomato paste in 1/2 cup water
1 whole	tomato cut into thin round slices

Preparation

1. Cut eggplant lengthwise into 8 pieces (4 each for smaller eggplants), leaving skin on.
2. Sprinkle each piece with salt and let stand for 1 hour. Pat dry with a clean towel.
3. Brush pieces well with butter and bake in a 450°F oven until light brown.
4. Cook ground meat in a frying pan until well done.
5. Add onions and green pepper and cook until soft.
6. Add parsley, salt, pepper, allspice, garlic and canned tomatoes and mix well.
7. Split each eggplant piece with a knife from end to end and fill with the meat mixture. Arrange in a baking pan.

8. Make tomato sauce from tomato paste and water.
9. Pour tomato sauce into the pan, place a tomato slice over each eggplant and bake in 375°F oven for 1/2 hour.

Mizza's Lamb Shanks

Herb Braised Lamb Shanks
Contributed by Dorothy George

Stovetop
Serves 4



These are the lamb shanks Mom used to make.

Ingredients

4 nice sized	lamb shanks
1 1/2 cups	water
1 teaspoon	salt
1+2 Tablespoons	butter
1/4 cup	flour
1 Tablespoon	snipped parsley
1 clove	minced garlic
1/8 teaspoon	crushed dry marjoram

Preparation

1. In a large skillet brown 4 lamb shanks with 1 Tablespoon butter
2. Add 1 1/2 cups water with 1 teaspoon salt
3. Cover tightly and cook over low heat for 1 hour
4. In a small skillet melt 2 Tablespoons butter, blend in 1/4 cup flour, cook and stir over low heat until mixture is browned
5. Add to the meat in larger skillet, cook and stir until gravy is thickened
6. Add 1/2 cup water, 1 Tablespoon snipped parsley, 1 clove minced garlic, and 1/8 teaspoon crushed dry marjoram
7. Cover and cook 1 hour more until meat is tender
8. Serve over [rice pilaf](#)

Pakhlava

Baklava, Tertanoush

Բախլավա

Sweet Walnut Pastry with Filo

350°F Oven

Yields 24 - 32 pieces



A deliciously rich sweet pastry - much more practical to make in the days of commercially prepared filo sheets. Our Aun-tay used to make her own filo dough, using a long stick to roll a golf ball-sized piece of dough to cover the kitchen table. "Baklava" and "Pakhlava" are the same word, the difference is in the transliteration from the original Greek and Armenian alphabets. You will find many varieties of Pakhlava in Middle Eastern bakeries, including rolled, queens and "bird's nests". This traditional layered Pakhlava, cut in a diamond shape, is most common. Pistachio nuts can be substituted for walnuts. Greeks use honey in the syrup, Armenians do not.

Pakhlava

1 pound (25)	prepared filo dough sheets (approx. 13" x 17")
3 cups	chopped walnuts
1 cup finely	chopped almonds
1/2 cup	sugar
1 Tablespoon	cinnamon
1	orange peel, grated
1 1/2 cup	clarified butter

Syrup

2 cups	sugar
1 1/2 cups	water
4 oz	honey (see note)
1 1/2 Tablespoon	lemon juice

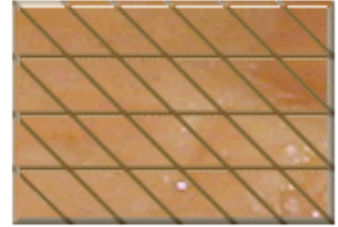
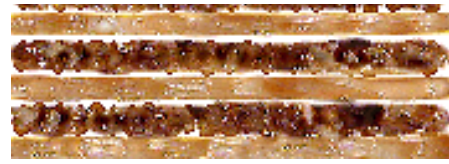
Preparation

1. Mix nuts, sugar, cinnamon, orange peel for filling.
2. Butter bottom and sides of a 13" x 9" x 2" baking pan.
3. Cut sheets of filo in half to fit the pan.
4. Place 10 cut sheets of filo in the bottom of the pan, lightly



brushing each layer with melted butter.

5. Sprinkle 1/3 of nut mixture on top of sheets.
6. Repeat with next 10 sheets and nuts until you have 30 layers of filo and three of nuts
7. Place about 20 layers of filo on top, lightly buttering each.
8. Using a sharp knife, cut through dough lengthwise and then diagonally about 1 1/2 to 2" apart to make diamond shapes and pour a little melted butter on each diamond. Sprinkle lightly with water to prevent curling of top layers.
9. Bake for 15 minutes at 350° F.
10. Pour any remaining butter over dough and continue baking 25-30 minutes until it is golden brown in color. It is very important not to undercook the pastry.
11. While Pakhlava is baking, prepare syrup.
12. Place sugar, water and honey in a large pot and stir over medium heat until sugar has dissolved. Add lemon juice. Bring to a boil and continue to boil for 15 minutes.
13. Cool to lukewarm.
14. When dough is finished baking, spoon syrup evenly over pakhlava and allow to set for several hours. Cut again into serving portions.



Notes

Filo dough dries quickly in the heat of the kitchen. Work with one sheet at a time, keeping the rest covered with a lightly dampened cloth.

Frozen filo dough is available in 1 lb boxes at most supermarkets in the freezer section.

When using frozen filo, it is important to slowly thaw the dough overnight in the refrigerator and then let it come to room temperature (unopened) for two hours before using.

Commercial frozen filo gives between 22 and 35 full sheets per pound. You need 25 full sheets for this recipe.

The Greeks use honey in their syrup, omit if you are purely Armenian and increase sugar to 2 1/4 cups

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Kadayif

Kataifi

Shredded Filo Pastry with Walnuts or Cheese

350°F Oven

Serves 32



Kadayif dough is like shredded wheat. Cousin Astrid in LA served us Kadayif with cheese on our first visit out west. This dessert can be made with cheese or nut filling. Make sure the cheese is not salty. You can bake the Kadayif a day ahead, then reheat immediately before serving and pour the syrup on.

Ingredients

2 pounds	prepared kadayif dough
3/4 pound	clarified butter or ghee
	Syrup
	Nut or Cheese Filling

Syrup

3 cups	sugar
1 1/2 cups	water
1 teaspoon	lemon juice

Nut Filling

1 pound	walnut meats, chopped fine
3	Tablespoons sugar
1/2 teaspoon	cinnamon

Cheese Filling

1 1/4 pounds	mild, white Muenster cheese, grated
1/2 pound	Feta (Greek cheese) grated or crumbled
1/2 pound	cottage cheese
2	eggs, beaten
1/4 cup	sugar
1/2 teaspoon	ground cinnamon

Preparation

1. Mix ingredients for Nut or Cheese Filling
2. Place kadayif in a large bowl. separate and loosen all shreds.
3. Pour melted butter over it and coat all shreds well. Reserve about 1/4 cup of butter to brush top.
4. Divide mixture in half, spread half on a lightly buttered pan (12"x 18"). Press gently.
5. Spoon filling over this layer evenly, cover with remaining kadayif, brush top with butter.
6. Bake in preheated 350° F oven for 45 minutes or until delicately brown.
7. Cool for a few minutes.
8. **Make syrup:** Boil sugar and water together 10 minutes; add 1 teaspoon. lemon juice.
9. Pour hot syrup over entire top while kadayif is warm.
10. Cut into serving pieces. Let stand 30 minutes before serving.

Armenian Cookies

Russian Tea Balls

325°F Oven

Serves 10 - 12



Simple but tasty cookies with walnuts. These Armenian cookies are good with coffee or tea.

Ingredients

1 cup	butter
1/2 cup	powdered sugar
2 cups	flour
2 teaspoon	vanilla
1 cup	chopped walnuts
	powdered sugar

Preparation

1. Cream butter and 1/2 cup powdered sugar.
2. Add flour gradually and beat well.
3. Add nuts and vanilla.
4. Shape into small balls and bake in 325° F oven for 15 to 18 minutes.
5. Roll in powdered sugar.

Lookoom

Turkish Delight

Sweets

Stovetop



There are actually many types and flavors of Lokoom. Some are flavored with orange or rose water

Ingredients

8 cups	sugar
8 cups	water
1/2 cup	cornstarch
3 or 4 drops	oil of bergamont
3 Tablespoons	lemon juice
1 cup	chopped pistachio nuts (optional)

Preparation

1. Heat water.
2. Mix sugar and cornstarch and dissolve in heated water.
3. Cook over low heat until thickened, approximately 1 1/2 hours, stirring occasionally.
4. Add oil of bergamont during last 10 minutes.
5. Remove from heat and add lemon juice and nuts.
6. Pour into greased shallow pan and allow to cool overnight.
7. Cut into square or diamond shaped pieces with oiled knife.
8. Dip in powdered sugar.

Roejig

Anoush Soujouk

Ռոճիկ

Grape Juice and Nut Roll



Roejig is available in Armenian stores in late fall, after the grape harvest. It is a sweet served at holiday meals.

Ingredients

3 quarts	white grape juice (or other fruit juice)
3 cups	sugar
1 cup	corn starch
3 cups	flour (Gold Medal)
	Walnuts
	String

Preparation

1. Blend flour, sugar and cornstarch together, then add juice and mix well until smooth.
2. Soak walnuts in water for 1/2 hour, then shell. Try to get the nuts out in complete halves.
3. Take a strong string with big needle to string the half nuts only. The first two half nuts should come back to back in the middle of the string. Then string the rest of the nuts in the same position as each of the first two.
4. Tie the ends of string to a stick leaving a space of 3 inches between them in order to keep the row of nuts apart and also to hang conveniently. Nuts should be facing upward so the thickened grape juice clings on.
5. Cook half the amount of the grape juice over low heat until thick as molasses.
6. Dip the strung nuts into this juice several times then hang to dry overnight.
7. Cook the remaining juice the second day, dip the nuts several times and hang to dry overnight. Takes several days to dry well.
8. When dry, cut any desired length and roll in powdered sugar.
9. Slice round slices for eating. Keep in covered jars.

Pastelli

Sesame and Honey Candies

Stovetop

Makes 30



These sesame candies are sold in many Middle Eastern shops. They are easy to make at home

Ingredients

1 cup	sugar
1/4 cup	water
1 cup	honey
1 1/2 cups	sesame seeds

Preparation

1. Combine sugar, water and honey in a heavy pan. Stir occasionally over low heat until sugar dissolves.
2. Increase heat to medium and bring to the boil. Boil for about 15 minutes to the soft ball stage. (When a little is dropped into cold water it forms a soft ball.) If you have a candy thermometer, cook to 115°C (240°F).
3. Stir in sesame seeds and return to the boil. Boil for 15 minutes until seeds turn golden and a little of the syrup dropped into water forms a hard ball, 130°C (265°F). Take care not to overcook as the sesame seeds will brown too much, spoiling the flavour.
4. Pour into an oiled 18 x 28 cm (7 x 11 inch) slab cake pan, or on to an oiled marble slab, shaping it into a rectangle of that size with a spatula. (should be 1/4 to 3/8 inch thick).
5. When almost cool, cut into squares, triangles or fingers. Cut again when completely cold and wrap pieces inwaxed paper or cellophane.

Haigagan Havgit

Keyma Egg, Tito Egg

Հավկիթ

Armenian style egg scrambles

Serves 2



The master of an Armenian breakfast is probably my Uncle Frank. He would create these eggs dishes right in the frying pan from whatever may be available in the refrigerator. Below are two typical examples. The eggs are added to the pan unbeaten and stirred to give streaks of white and yolk. These days, we call these egg "scrambles". To taste some extraordinary Armenian scrambles, try the Armenian Cafe in Carlsbad, CA on a weekend morning.

Keyma Egg

Eggs with meat

Ingredients

1/4 cup	leftover Keyma (from Harpoot Kufta), cooked hamburger or meatloaf, crumbled
1/2 small	onion chopped
	cut-up green pepper
1 Tablespoon	butter
3	eggs
	salt and pepper to taste.

Preparation

1. Saute meat, onion and pepper in butter.
2. Add eggs and scramble to desired doneness.

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Tito Egg

Loligov Havgit

Ingredients

2 Tablespoons	tomato paste
---------------	--------------

1 Tablespoon
3

butter
eggs
salt and pepper to taste.

Preparation

1. Saute tomato paste in butter for 30 seconds.
 2. Add eggs and scramble to desired doneness.
-

Notes

Serve with pita bread, olives and cheese.

Ghee

Garak

Կարագ

Clarified Butter

Stovetop

Yields 3 cups



Armenians use clarified butter for frying and making pastries. It is better than ordinary butter because it does not burn as easily. Pastries made with clarified butter will retain their freshness longer.

Ingredients

2 lbs

butter

Preparation

1. Place 2 lbs butter in a heavy saucepan. Melt over low heat.
2. Skim off foam with a spoon as it rises.
3. Simmer until the milky residue in the bottom of the pan begins to lightly brown (do not burn!)
4. Carefully pour off the clear butter into a container, leaving the residue at the bottom.
5. Cover and refrigerate.

Notes

You can make this ahead and have it on hand. Ghee will keep well for weeks in the refrigerator.

Red Pepper Paste

Garmir Bgh-beghi Madzoug

Կարմիր Պղպեղի Մածուկ

Armenian Red Pepper Paste

175°F Oven

Makes 2 cups



In Syria, red peppers were harvested in the fall, ground and dried in the sun to preserve them. The paste was packed into jars and stored. Red pepper paste can be used like tomato paste to thicken and flavor dips, stews, marinades. It's also just good on bread.

The original recipe for [Hamime](#) most probably used this paste as its base.

Ingredients

1/2 pound	hot red chilis (Fresno chilis work well)
3 1/2 pounds	sweet red bell peppers
	coarse salt
2 12" x17" sheets	parchment paper
1 1/4 teaspoons	sugar
3 Tablespoons	olive oil

Preparation

1. Wash the peppers; halve lengthwise, seed, and remove the membranes.
 2. Coarsely grind in a food processor, to yield about 10 cups.
 3. Toss with 3 Tablespoons coarse salt and spread out on 2 parchment-lined baking sheets.
 4. Preheat the oven to 175° F.
 5. Place the trays in the oven and allow the peppers to dry, about 6 hours.
 6. You will have about 2 cups.
 7. Place half the peppers in a double thickness of cheesecloth and squeeze hard to emit excess moisture. Repeat with the remaining peppers.
 8. In a food processor, blend the peppers with the sugar and half the oil.
 9. Add coarse salt to taste; the pepper paste should taste slightly salty.
 10. Pack into 2 dry, small glass jars.
 11. Top with the remaining oil, close tightly, and refrigerate.
 12. Let the pepper paste mature for about a week before using.
-

Notes

You can vary the mix of sweet & hot peppers depending on taste and the heat of the peppers.

To avoid mold, always keep the paste covered with oil. If mold develops, simply remove it and discard; the remainder of the paste will still be good. To store in the freezer:

Individually wrap one-tablespoon dollops of paste in plastic. Place all in a freezer bag, press out air, and store in the freezer.

Chaimen

Armenian Hot Sauce



Chaimen, which takes its name from the exotic spice it contains, is used to flavor Armenian cured meats and sausages. Chaimen can also be served as a condiment or used as a dip for bread.

Ingredients

3 Tablespoons	chaimen spice (fenugreek)
3 Tablespoons	paprika
1 1/2 teaspoon	salt
1 1/2 teaspoon	black pepper
1 1/2 teaspoon	kamoon
3/4 teaspoon	cayenne pepper
3/4 teaspoon	allspice
3 cloves	garlic, crushed

Preparation

1. Combine ingredients
2. Add water, a little at a time for the consistency of waffle batter. Blend well to remove lumps
3. Store in refrigerator

Middle East Spice

Makes about 1/2 cup



This is the trade mark of Middle Eastern spices. The proportions, and list of ingredients vary from region to region (or from spice shop to spice shop), but the basic recipe is the same. Grind several servings at one time and keep the mixture in the freezer. Use portions as you need them.

Ingredients

4 Tablespoons	ground allspice
1 Tablespoon	ground black pepper
1 Tablespoon	ground cinnamon
1 Tablespoon	ground nutmeg
1 teaspoon	ground cardamom
1 teaspoon	ground cloves
1 teaspoon	ground ginger
1 teaspoon	ground dried rose petals

Preparation

1. Combine all ingredients, mix well. Grind with a spice grinder until fine.

Notes

- To make a larger amount of spice, double, or triple the ingredients.
To keep spice fresh, keep in a closed container in freezer.

Soorj

Armenian Coffee

Սուրճ

Contributed by Howard Landon

Stovetop

Serves 2



This strong coffee can be made sweet, unsweetened, or in between. The long-handed brass pot is called a soorjaman. Coffee should be ground very fine. If you don't have a grinder, Armenian coffee can be purchased in larger supermarkets or Middle Eastern specialty stores. It is traditional in the Middle East to use the coffee grounds (as Oriental tea leaves) to tell the future. After the last sip is taken, the cup is turned upside down on the saucer so that the grounds can run down the sides and form patterns that are "read" to reveal what is in store.

Ingredients

2 Tablespoons	roasted powdered coffee
1 heaped teaspoon	sugar
3 small coffee cups	water
tiny pinch	ground cardamom

Preparation

1. Combine all the ingredients in a long-handed coffee pot or tiny saucepan
2. Stir well and bring to a boil.
3. As the froth forms on top, remove the pot from the stove, stir again and return to the heat until the froth rises again.
4. Be very careful the coffee does not boil over.
5. Boil it briefly again, then set it aside for a few seconds.

Sal's Sassy Sauce

Honey mustard hot sauce
Rochester style

Stovetop
Makes 1 quart



A favorite from my years at the University of Rochester. "Sal's Birds" rivaled pizza as a late night meal. This is my best imitation of Sal's secret recipe sauce. Serve warmed sauce over fried chicken, seafood, grilled ribs, etc.

Sauce Ingredients

1 9 oz jar	Yellow Mustard
1 cup	Cider Vinegar
1 cup	water
1 1/4 cups	Sugar
1/2 cup	Honey
3/4 cup	Orange Juice (or 1 fresh Orange, sectioned)
1/2 teaspoon	Dry Mustard Powder
1 1/2 Tablespoon	Crushed Red Pepper
1 teaspoon	Salt
1 teaspoon	Black Pepper
1 Tablespoon	Cornstarch dissolved in 1/4 cup water

Preparation

1. In a 2 quart stockpot, blend mustard, water and vinegar.
2. Stir in sugar until dissolved, add honey.
3. Add orange (or juice).
4. Stir in mustard powder, crushed red pepper, salt and pepper.
5. Dissolve cornstarch in 1/4 cup water and add to pot.
6. Heat slowly over low heat until sauce is thickened.
7. Refrigerate overnight for flavors to develop.

Notes

Sal's Bird: Half chicken dredged in flour and deep fried. Dip in sauce and serve on white bread with macaroni salad on the side.

Sal's Gizzards: Boil chicken gizzards until very tender, bread and deep fry. Serve as above.

If you want the real thing, click on the picture above. It will take you to Sal's web site where you can order the sauce!

For authenticity:

1. Deep fry the chicken for 25-30 minutes, drain and cool. Reheat in hot oil immediately before serving.
2. Immerse the chicken in sauce to coat thoroughly.
3. Use simple elbow macaroni salad, not premium quality. Garnish by sprinkling paprika.
4. Use soft *Wonderbread* style white bread under the chicken.
5. Serve on cheap paper plates.
6. Serve between 10 PM and 2 AM.

Buffalo Wings

Wings of Fire

Chicken Wings in hot sauce

Stovetop/deep fry

Serves 6 - 8



This popular appetizer/snack was created in the mid 70's at a place called the Anchor bar in Buffalo, NY. The level of heat is determined by how long the wings are dipped in the sauce after cooking.

Ingredients

24	fresh chicken wings
1/2 cup	margarine
1 cup	Frank's RedHot Louisiana hot sauce
	vegetable oil for frying
	celery sticks
	blue cheese dressing

Preparation

1. Cut tips off wings and discard.
2. Cut remaining chicken wings in half at the joint.
3. Deep fry them in about 2" of oil in skillet until thoroughly cooked and the skin is crisp. Drain.
4. Melt margarine and hot sauce together.
5. Dip fried wings into the sauce.
6. Serve with celery sticks and a cup of blue cheese dressing for dipping.

Notes

If you don't like to deep fry, wings may also be grilled over coals or roasted in a 400° F oven until crisp.

This authentic recipe uses no breading on the wings. If you choose, dredge very lightly in seasoned flour before frying.

Boston Market Meatloaf

From the Book [Top Secret Recipes](#)

400°F Oven

Serves 4



This is a recreation of the delicious meatloaf served at the Boston Market restaurants. The type of meat and the technique are very important here.

Ingredients

1 cup	tomato sauce
1 1/2 tablespoons	Kraft™ original barbecue sauce
1 tablespoon	granulated sugar
1 1/2 pounds	ground sirloin (10% fat)
6 Tablespoons	all-purpose flour
3/4 teaspoon	salt
1/2 teaspoon	onion powder
1/4 teaspoon	ground black pepper
dash	garlic powder

Preparation

1. Preheat oven to 400° F.
2. Combine the tomato sauce, barbecue sauce and sugar in a small saucepan over medium heat. Heat the mixture until it begins to bubble, stirring often, then remove it from the heat.
3. In a large bowl, add all but 2 tablespoons of the tomato sauce to the meat. Use a large wooden spoon or your hands to work the sauce into the meat until it is very well combined.
4. Combine the remaining ingredients with the ground sirloin-- flour, salt, onion powder and ground pepper. Use the wooden spoon or your hands to work the spices and flour into the meat.
5. Load the meat into a loaf pan (preferably a meatloaf pan with two sections which allows the fat to drain, but if you don't have one of those a regular loaf pan will work). Wrap foil over the pan and place it into the oven for 30 minutes.
6. After 30 minutes, take the meatloaf from the oven, remove the foil and, if you aren't

using a meatloaf pan, drain the fat.

7. Using a knife, slice the meatloaf all the way through into 8 slices while it is still in the pan. This will help to cook the center of the meatloaf. Pour the remaining 2 tablespoons of sauce over the top of the meatloaf, in a stream down the center. Don't spread the sauce.
8. Place the meatloaf back into the oven, uncovered, for 25-30 minutes or until it is done. Remove and allow it to cool for a few minutes before serving.

Mrs. A's Meatloaf

Contributed by Ronnie George from Mrs. Adair's recipe

400°F Oven
Serves 4 - 6



A classic American meatloaf. One of the best you'll taste. Not Armenian, but in the family

Ingredients

1 1/2 pound	round steak
1	nice pork chop
3 slices	bread
1/4 cup	milk
4 Tablespoons	butter, sliced thinly
1	egg
	salt and pepper to taste
1/2 cup	finely chopped celery
1/4 cup	finely chopped onion
1/2 cup	tomato juice
2 Tablespoons	cracker crumbs

Preparation

1. Grind together round steak and pork chop.
2. Break bread into small pieces in a bowl.
3. Pour milk over bread, enough to soak until soft.
4. Mix in ground meat, butter, egg, salt & pepper, celery and onion.
5. Add some tomato juice, enough to hold loaf together
6. Pack into roasting pan, sprinkle w/ cracker crumbs.
7. Bake at 400° F for 1 hour; after 30 min add lots of hot water and baste until done.

Cheesecake

New York Style Cheesecake

350°F Oven

Serves 10 - 12



This is a delicious, traditional cheesecake. Fresh fruit slices, whole berries and fruit glazes may be used as toppings.

Ingredients

12	Graham Crackers
1/2 cup (1 stick)	butter, cut into 4 or more pieces
1/4 cup	confectioners' sugar
4 packages (8 ounces each)	Philadelphia Brand® cream cheese, cut into 1-inch cubes
5 large	eggs
1 1/3 cups	sugar
1 Tablespoon	vanilla extract

Preparation

1. Adjust oven rack to center position. Preheat oven to 350° F.
2. With metal blade in place, crumble graham crackers into bowl of food processor, breaking each into about 4 pieces. Pulse on and off until crackers become fine crumbs.
3. Add butter and confectioners' sugar. Pulse on and off several times, then process until butter is absorbed into mixture.
4. Press crumb mixture firmly against bottom of a 9-inch spring form pan. Set aside.
5. Reinsert metal blade and add 2 packages cream cheese and 2 eggs to bowl. Process, pulsing on and off, until mixture is creamed.
6. Repeat without removing creamed ingredients from bowl, using 2 packages of cheese and 2 eggs.
7. Add remaining egg, sugar and vanilla. Process until thoroughly mixed.
8. Pour into prepared pan and bake in preheated oven 55 to 60 minutes. Let cool thoroughly on wire rack, then cover with plastic wrap and refrigerate.

Notes

Cheesecake usually is better when prepared a day ahead of time.

To avoid cracking of the cheesecake during cooling, make sure that all ingredients are at room temperature before mixing. Also, it may help to let the cheesecake cool for the first few minutes in the oven with the heat off and the door propped open.

Cutting a cheesecake can be messy. Try using a length of dental floss stretched between you hands instead of a knife.

Pizza

Italian-style Tomato Pies

500°F Oven

Makes 4 - 9" pies or

2 - 12" pies



The texture of the crust is much improved if you bake on a pizza stone or hot bricks. See [note](#) below. Make dough the day before, much better if it has time to age!

Pizza Dough

2 packages	active dry yeast
pinch	sugar
1 1/4 cups	warm water
3 1/2 cups	bread flour
1 teaspoon	salt
1/4 cup	olive oil

Sauce

1/2 can	Progresso Crushed Tomatoes
pinch	black pepper
1 teaspoon	basil leaves
1 teaspoon	oregano

Toppings

2/3 pound	mozzarella cheese - shredded
1/3 pound	mild cheddar cheese - shredded
1 ounce	grated Romano cheese
	Turkey sausage - cooked and crumbled
	Pepperoni - sliced
	Green peppers - sliced
	Vidalia (sweet) onions - sliced
	Fresh mushrooms - sliced

Dough

1. Sprinkle the yeast and a pinch of sugar into 1/4 cup of warm water and stir until dissolved. Let stand for 3-5 mins. until mixture foams and doubles in volume.

2. Put 3 1/2 cups of bread flour into a large bowl.
3. Mix 1 teaspoon of salt and 1/4 cup of olive oil into one cup of warm water, and together with yeast mixture add to flour.
4. Combine all ingredients with fork (or hands or food processor) until a rough ball of dough is formed.
5. Cover bowl with a plastic sheet and store in a warm place until dough doubles in bulk.(about 1 hour)
6. Punch down and cover until it doubles in bulk again.
7. Later, remove dough from bowl and place on a well floured surface & knead into a smooth oval.
8. Divide into two or four equal parts and knead each into a smooth ball.
9. Wrap each ball in a plastic bag and store in refrigerator (up to 2 days) until ready for use.

Pizza

1. Strain excess water from crushed tomatoes. Mix sauce ingredients together.
2. Have sauce at room temperature when making pizzas.
3. Preheat oven to 500° F.
4. Remove dough from refrigerator and wait until it almost reaches room temperature (about 20 min).
5. Stretch or flatten dough ball into 9" or 12" round making sure the rim is thicker than the center of the dough. Place dough on perforated pizza pan or prepared wooden peel if you are baking on a pizza stone. (this is important - place the dough on the pan or peel before adding toppings!)
6. Pour 1/2 to 3/4 cup of sauce on each pizza and swirl it around with a big spoon.
7. Add cheese and toppings as desired.
8. Bake on bottom shelf or directly on hot bricks/stone until crust is browned and topping is bubbling.

To do this for real, you've got to bake the pizza on hot bricks or a Pizza Stone -

Specially made pizza baking stones are available in many kitchens stores. Try to get one 12" or larger, depending on the size of your oven. Place stone on the bottom shelf and preheat for at least 20 min. Slide the pizza directly onto the stone from a prepared (a little flour and cornmeal) wooden peel. This technique does take a bit of practice. Try it first with a pizza that is lightly topped. Insert the peel into the oven right above the surface of the stone, almost to the back of the oven. Use a slight jiggle from side to side to loosen the pizza, then pull the peel back with a quick motion.

Another alternative is to bake on bricks. Get 8 unglazed red quarry tiles and place them on a large (16 x 16) cookie sheet. (You can buy this as a kit from gourmet shops for about \$40, but the tiles will cost \$10 at a building supply store.) Place the sheet with tiles on the bottom shelf and preheat for at least 20 min.

If you must use a pizza pan, get one of the perforated kind so the crust will be crisp.

Pizza Rustica

Neapolitan Easter Pie

Italian Country Pie

375°F Oven

Serves 6



Neapolitan in origin, this make-ahead savory pie is delicious either warm or at room temperature. A good dish for picnics. I first tried this at the home of my freshman chemistry professor at the University of Rochester.

Pizza Rustica

1 pound	Swiss chard, washed well, stems removed and sliced thin, and leaves chopped separately
2 Tablespoons	olive oil
4 large	eggs, beaten lightly
1 pound	whole-milk ricotta cheese
4 large	red bell peppers (about 1 1/2 pounds), roasted and chopped
2	garlic cloves, minced and mashed to a paste with 1 teaspoon coarse salt
1 recipe	pizza rustica pastry dough (see below)
1/4 pound	Parmesan cheese, grated (about 1 cup)
1/2 pound	thinly sliced prosciutto, chopped
6 ounces	provolone cheese, cut into 1/4 inch dice (about 1 cup)
	an egg wash made by beating 1 large egg with 2 tablespoons milk

Pastry Dough

4 cups	all-purpose flour
2 teaspoons	sugar
1 teaspoon	salt
2 sticks (1 cup)	cold unsalted butter, cut into bits
4	large eggs, beaten lightly

Making Pastry Dough

In a bowl with a pastry blender or in a food processor mix or pulse together flour, sugar, and salt. Add butter and blend or pulse until mixture resembles coarse meal. Add eggs and toss or pulse until eggs are incorporated and a dough is formed. Form dough into a disk and chill, wrapped in wax paper, 1 hour. Dough may be made 1 day ahead and chilled, covered.) Can be prepared in 45 minutes or less but requires additional unattended time.

Preparation

1. In a large heavy saucepan cook chard stems in oil over moderately low heat, stirring occasionally, until crisp-tender, about 3 minutes. Add chard leaves with water clinging to them and cook, covered, over moderate heat, stirring occasionally, until stems are tender, about 8 minutes. Drain chard well in a colander and squeeze out as much moisture as possible.
2. In a large bowl combine eggs and ricotta, mix well.
3. In a bowl combine roasted peppers and garlic paste.
4. Preheat oven to 375°F.
5. On a lightly floured surface roll out two thirds pastry dough 1/8 thick into a round about 18 inches in diameter. Fit dough into a 9-inch springform pan and trim edge, leaving a 2-inch overhang. Into shell layer evenly half chard, half ricotta mixture, all roasted pepper mixture, half Parmesan, all prosciutto, remaining ricotta mixture, remaining chard, and remaining Parmesan.
6. On a lightly floured surface roll out remaining dough 1/8 inch thick into a round about 11 inches in diameter. Brush edge of shell in pan with some egg wash and fit dough on top of filling. Trim top crust even with bottom crust and crimp edges together decoratively. Cut four 3-inch-long vents in top crust and brush top crust with some remaining egg wash.
7. Bake pizza rustica in middle of oven 1 1/2 hours, or until top crust is deep golden, and cool completely in pan on a rack. Pizza rustica may be made 2 days ahead and chilled in pan, covered.
8. Serve pizza rustica warm or at room temperature, cut into wedges.

Roasting Peppers

Using a long-handled fork, char peppers over an open flame or on a rack set over an electric burner, turning them, until skins are blackened, 4 to 6 minutes. (Or broil peppers on rack of a broiler pan under a preheated broiler about 2 inches from heat, turning them every 5 minutes, 15 to 20 minutes, or until skins are blistered and charred.) Transfer peppers to a bowl and let stand, covered, until cool enough to handle. Keeping peppers whole, peel them, starting at blossom end. Cut off pepper tops and discard seeds and ribs. Roast peppers can be prepared in 45 minutes or less.

Notes

You can substitute spinach for the Swiss chard.
With the chard or spinach, you must squeeze it very dry after cooking or your pie will be watery.
Pizza Rustica looks nice with a lattice top, if you are so inclined.

Real Texas Chili

Chili Con Carne

Authentic Texas-Style Chili

Stovetop

Serves 8



*Extra Hot! Real Texas Chili has **no beans** in it. Pinto beans are served on the side. From my brief time in Houston, this recipe is for the real Chili connoisseur - using the right meat and making your own chili spice are essential. Try some fresh cornbread on the side.*

Ingredients

40	dried cayenne or tabasco chili peppers
3	dried ancho (poblano) peppers (See Note)
2 1/2 pounds	beef round steak, cut into 1/2-inch cubes
2 tablespoons	cooking oil
1 medium	onion, chopped
2 cloves	garlic, minced
1 1/2 teaspoons	ground cumin
1 10 1/2 ounce can	condensed beef broth
1 soup can (1 1/3 cups)	water
1/2 teaspoon	dried oregano

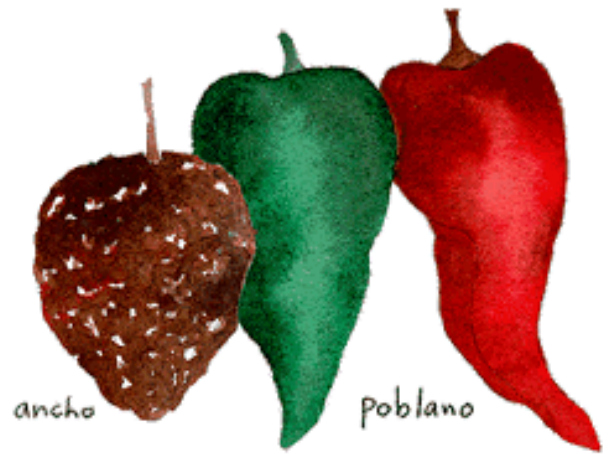
Preparation

1. Crush hot chili peppers.
2. Remove stems and seeds from ancho peppers; cut into 1-inch pieces.
3. Place all peppers in a blender or food processor. Blend until ground fine.
4. In a large saucepan, brown half of the meat in oil.
5. Remove with slotted spoon and set aside.
6. Add remaining meat, onion, garlic, cumin, and ground chili peppers; cook until meat is brown.
7. Return all meat to saucepan.
8. Stir in beef broth, water, and oregano. Bring to a boil; reduce heat and simmer, uncovered, for 1 1/4 hours.

Notes

Serve chili with hot cooked Pinto Beans.

Ancho peppers are mild, dried peppers from New Mexico with a distinctive flavor. The fresh variety of this pepper is called the Poblano pepper. Pasilla peppers or New Mexico chilis are a reasonable substitute.



Chen Mapo Tofu

Szechuan Bean Curd

Old Pock-marked Mrs. Chen's Bean Curd
(Tofu)

Wok

Serves 4 - 6



Ma-Po Tofu is an authentic Szechuan dish. Enjoyed by Chinese on top of a bowl of white rice, it's spicy heat makes it a favorite to warm up from the cold. The Chinese say "Ma-Po-Toe", leaving off the last syllable. I once had such a craving for Ma-Po Tofu that I visited 14 Chinese restaurants in Tucson, AZ - one every night for two weeks - to see who had the best! This dish can be made with or without the pork.

Ingredients

1 14 ounce pkg.	bean curd
1 Tablespoon	chopped green onion
1 teaspoon	minced garlic
1 teaspoon	grated ginger root
2 ounce	ground pork
1 Tablespoon	hot bean paste
1 Tablespoon	cooking wine or sherry
1 1/2 Tablespoon	soy sauce
1 cup	water with 1/2 teaspoon salt
1 1/2 Tablespoon	cornstarch mixed in 1 Tablespoon water
1/2 teaspoon	sesame oil
2 Tablespoon	fresh garlic or green onion (diagonally cut into pieces)
1/4 teaspoon	Szechuan peppercorn powder

Preparation

1. Cut the bean curd into 1/2 inch cubes.
2. Heat the wok then add 3 Tablespoon oil.
3. Stir-fry green onion, garlic, and ginger until fragrant
4. Add ground pork and hot bean paste; stir to mix.
5. Add sherry, soy sauce, 1 cup salted water, and bean curd.
6. Bring to a boil then turn heat to low;
7. Cook for 3 minutes.

8. Add cornstarch dissolved in water to thicken; stir.
 9. Add sesame oil
 10. Sprinkle the pieces of garlic and Szechuan peppercorn powder over the bean curd.
 11. Transfer to a serving platter and serve.
-

Notes

More hot bean paste may be added, to taste. Szechuan peppercorn powder may be omitted.

If soft bean curd is used, reduce water in to 2/3 cups.

Hot and Spicy Shrimp

Hot Braised Szechuan Shrimp

Chinese Shrimp in Chili Sauce

Wok Preparation

Serves 4



I first encountered this mouth-watering dish at the [Hunan Garden](#) in New York City's Chinatown. This is the closest I've come to duplicating that restaurant dish.

Ingredients

1 lb Medium-size raw shrimp, peeled and deveined

Marinade

1 teaspoon rice wine
1 teaspoon soy sauce
1 teaspoon salt
2+1 Tablespoons peanut oil

Seasonings

1 Tablespoon grated ginger root
2 teaspoon minced garlic
1/4 cup green onions, sliced (save tops for garnish)

Sauce

2 Tablespoons soy sauce
3 Tablespoons sugar
3 Tablespoons ketchup
2 teaspoon rice wine
1 teaspoon rice wine vinegar
3/4 teaspoon chili powder
1/2 teaspoon cayenne pepper
1 Tablespoon water

Garnish

1/4 cup green onion tops, sliced into small pieces

Preparation

1. Prepare the marinade ingredients, mixing together the salt, wine and soy sauce. Stir in the raw

shrimp. Refrigerate for at least 1 hour.

2. Combine the grated ginger, minced garlic, and green onions together. Set aside.
3. Combine the sauce ingredients together. Mix well. Set aside.
4. Heat 2 Tablespoons of peanut oil in hot wok, until almost smoking. Drain the shrimp from the marinade, then add half the shrimp to the wok. Stir-fry briskly for 30 seconds until the shrimp are opaque (they will cook thoroughly later on). Remove shrimp from wok with slotted spoon. Repeat with remaining shrimp.
5. Heat 1 Tablespoon peanut oil in hot wok. Add the seasonings and brown lightly. Add the sauce mixture and stir the sauce and seasonings together until the mixture begins to bubble.
6. Return the shrimp to the wok. Stir-fry until the shrimp are cooked and well-coated with sauce. Sprinkle the green onion tops over the shrimp.
7. Serve over rice.

Glossary

Abour

Soup

Aghtsan (*Turkish: Salata*)

Salad

Anahiem chili peppers

Long red or green chili peppers grown in California and New Mexico. Moderately hot.

Anoukh (*Turkish: Nané*)

mint

Anoush, anoushabour, anousheghen

sweet(s), dessert

Armav

date

Banir

Cheese

Bastegh

thin, dried sheets of fruit juice

Basterma

Cured Sausage. Basterma is available in Middle Eastern delis. With great patience, it can also be [made at home](#).

Behzalya (volorn)

peas

Bekmez

Grape molasses.

Bighbegh

Pepper.

Beoreg (Beurek)

A pastry with a filling, occasionally a vegetable with filling

Bourma

rolled Filo (shirred strudel pastry) with syrup and a nut filling

Bulghur Wheat (*Armenian: tzavar*)

Cooked, dried and cracked wheat. Bulghur is now available in most large supermarkets, as well as Middle Eastern speciality shops. Bulghur comes in three common varieties: #1 Fine, #2 Medium, and #3 Coarse.

Chaimen (*Armenian: mannanekh*)

1) A spice, Fenugreek. 2) A [hot sauce](#)

Chee kufta (Khema)

Armenian style steak tartare

Chocolat

chocolate

Choerag

Armenian roll

Choor

water

Dabgvadz

Fried

Darchin (tarijeni)

cinnamon

Derev

leaves, usually grape leaves

Dolma (*Armenian*: letsvadz)

Meaning "to stuff". [Dolmas](#) can be made using leaves or vegetables with meat, rice or bulghur wheat fillings

Dzedzadz

hulled wheat

Dzerani

apricot, with

Ekmek kadayif

a syrupy dessert served with a topping of thick cream

Enguinar (gangar)

artichokes

Epvatz

cooked

Fassoulia (lupia)

beans

Feta Cheese

A crumbly white cheese with a slightly sharp taste. Produced in the Middle East and throughout the world, usually from sheep or goats milk. Feta keeps well in the refrigerator covered with brine. Change water every few days.

Filo or Phyllo (*Armenian*: patzvadz tert)

Paper thin prepared strudel-like dough used for flaky pastries such as [Pakhlava](#). Filo is sold fresh or frozen, approximately 22 - 35 sheets to the pound box, depending on size and thickness.

Fresno chilis 

Short, stubby red chili peppers grown in the central valley of California. Hot.

Ganancheghen

green vegetables

Gargantag

cake

Garmir dag (jegentegh)

beet

Gatnabour

rice pudding

Geragur

stew-type meal usually made with meat and vegetables. Also the word for food.

Ghee

[Clarified butter](#)

Giger

Liver

Gorgod

barley

Haigagan

Armenian

Halvah

a sweet paste candy or dessert

Hamov

tasty

Hatz

Bread.

Hav

chicken

Havgit

Eggs. (Havgitov - with egg) See recipe for [Armenian-style eggs](#).

Herisah (keshgeg)

lamb or fowl cooked with barley to oatmeal like consistency

Hummus

chick-pea dip

Huntk ungooyz

coconut

Jajukh

cucumbers and yogurt

Jezveh (soorjaman)

coffe pot usually made of brass with long handle

Kadayif

Shredded filo dough. Available commercially. A pastry of shredded dough with a nut filling and syrup

Kamoon or Kimion

A spice, ground Cumin seed.

Karni yarek

baked, stuffed eggplant

Kharpet (Harpoot)

name of a city

Kebab (khorovadz)

Barbecued meat.

Kednakhzor

potato

Keyma

A meat and bulghur mixture forming the shell in [Kufta](#).

Khmoreghen

Pastry

Khorvatz

fried

Khundzor

apple

Kufta

chopped meat often shaped into patties/balls with stuffing

Kurabia

a shortbread cookie

Lahana (gaghambd)

cabbage

Lahmajoon

Armenian Pizza (meat pie)

Lavash

cracker bread or thin bread

Letdadz (*Turkish*: dolma)

stuffed

Lolig

Tomato

Lupia

dry bean

Luleh kebab

ground meat kebabs

losh

burger patties

Madzoon

Yoghurt. [Fresh madzoon](#) is easy to make at home. If you buy it, look for "active yoghurt cultures" on the label.

Madzoonov

with madzoon

Mahleb

a ground seed used in pastries with vanilla-like flavor

Manti

small canoe-shaped dough filled with meat served with yogurt

Mis

meat

Misov

with meat

Meza

Mixed appetizers.

Midia

appetizer

Midia dolma

rice stuffed mussels

Nané anoukh

Mint

Narsharab (Pomegranate molasses)

The concentrated juice of pomegranates. Available in most large supermarkets, as well as Middle Eastern speciality shops.

Noush

almonds

Paghach

flaky layered bread

Paghlah

fava beans

Pahtz hatz (parag hatz)

cracker bread

Pakhlava (tertanoush)

a flaky, many-layered nut-filled pastry with syrup

Patlijan (sempoog)

eggplant

Patlijanov

with eggplant

Pida

Armenian bread made in a round loaf

Pilaf

steamed rice, bulghour, or lentils

Plaki

cooked with assorted vegetables and oil

Poohri

baked in oven

Porov>

with stuffing

Prinz

rice

Prinzov pilaf

pilaf made with rice

Rahan

basil

Raki (oghi)


achoholic beverage of Armenia made with raisins and flavored with anise

Salata (*Armenian: aghtzan*)

salad

Sarma (patats)

Meaning "to roll", sarma are rolled appetizers made with grape or cabbage leaves.

Sev hoondig (Nigella seed, Charnuska) 

Also known as Black Cumin or Black Caraway seed, this flavorful small black seed is often used in Jewish rye bread and Armenian string cheese. Known as Kolonji in India, this seed is an ingredient in many garam masala recipes. Nigella seed is used in the cooking of Lebanese, Serbian, and Armenian cultures

Shakar

sugar

Shish (*Armenian: shampour*)

Skewer.

Shish kebab (*Armenian: shampouri khorovadz*)

skewered barbequed lamb

Simit

a crisp stick cookie

Sini kufta (sinira)

baked ground or chapped lamb and cracked wheat with an exotic filling

Siserr

chick peas

Snobar

Pine nuts

Sokh

onions

Sokherantz

sauteed onions

Soorj

[Armenian coffee](#)

sou-boerag

flaky cheese pastry

Soujoukh

dried Armenian sausage, highly spiced

Spanagh (*Armenian*: shomin)

spinach

Sumak

Sumak is a spice widely prized in the Middle East for its dark red color and tangy flavor.

Susam

sesame seed

Susamov khumoreghen

pastries with sesame seeds

Tabouleh

cracked wheat salad

Taheen

sesame paste

Tahini

Nutty-flavored paste from crushed sesame seeds. Available in most large supermarkets, as well as Middle Eastern speciality shops. Tahini separates on standing, so stir before using.

Tahn

a refreshing beverage made with yogurt and water

Tahnabour

hot or cold yogurt soup

Tapsi

baking pan

Tass kebab

potted lamb

Tava

frying pan

Tel sheriyah

curled, vermicelli noodle

Titvash (*Turkish*: Challum)

Pickles

Tomates (*Armenian*: lolig)

tomato

Tourshi

pickles

Tsoug

fish

Tutum

squash or pumpkin

Tutumi good

pumpkin or squash seed

Tzmeroog

watermelon

Ungouyz

nuts

Vosb

Lentils

Vospov

with lentil

Yalanchi

Meaning "imitation", yalanchi are stuffed grape leaves or dolma without meat.

Yerishta

noodles







