# ARMENIAN CUISINE

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The Armenian cuisine includes traditional food and cooking techniques of the Armenian people. The dishes prepared may vary from one region to another as Armenians were spread all over the Caucasus and Near East due to constant persecution. Their usual ration will include poultry, meet (traditionally lamb), bread (traditionally lavash), stuffed grapes and cabbage, sweet baked deserts. We will only show few that ap-

peared on stamps.

#### LAVASH (flat bread)

Only three ingredients (water, flour & salt) mixed and baked in subterranean furnace, tonir, and it is included it is inscribed in the list of UNESCO Representative List of the Intangible





## Harisa (wheat and chicken porridge)

It is a dish of boiled, cracked, or coarsely ground-cracked wheat groats boiled with chicken or lamb and seasoned. The process takes a very long time to make it a homogeneous mass.



#### **Ghapama**

It is a stuffed pumpkin dish, prepared by removing the guts of the pumpkin, stuffed with boiled rice and dried fruits, honey poured over the



### Gata (pastry ot sweet bread)

Most important part is the filling that consists of flour, butter and sugar. In some areas nuts, most commonly walnuts, are added. Comes in different sizes and shapes, depending on the region.



stuffing and baked until soft, then brought to the table where it is cut up and served.



#### **Pasuts Tolma**

It is prepared with beans, lentils, chickpeas, peas, and groats wrapped in cabbage or grape leaves.. Considered a festive dish and

or grape leaves.. Considered a festive dish and mainly prepared during the Great Lent, Christmas and New Year.