

# Azerbaijan: National cuisine

The Azerbaijani cuisine has long won recognition both in the East and in Europe. It was written in ancient written sources by famous historians and travelers.

The history of art to create recipes in Azerbaijan goes back centuries, is based on the vast experience of hereditary chefs are still present today. No wonder our country is famous as the land of centenarians. Scientists explain this phenomenon due to favorable climate, lifestyle, organic food and the principles of good nutrition. The most sophisticated gourmets who come to the country from around the world, have the taste and aroma refinement dishes of Azerbaijani cuisine.

This kitchen is original and has a national character, which manifests itself in the specific cooking techniques and traditions of the Azerbaijani party. According to composition and a number of dishes, it is among the highly diverse and healthy ones, and the abundance of different kinds of meat, fish and vegetable specialties complemented by soft greens and savory spices. Traditional works of Azerbaijani cuisine are original and unique, they can not be confused with the dishes of other national cuisines.

It is no secret that the culinary arts of Azerbaijan enjoy continued popularity. Exclusive Azerbaijani dishes - dolma, bozbash, bozartma, chikhirtma, khashil, piti, pilau govurma - are included in the national menu of numerous peoples of the Caucasus.

"Nush Olsun!" - "Bon Appetite!", Will tell you in any part of Azerbaijan, are cordially invited to a plentiful feast or the most real feast of taste. These good wishes, you will hear constantly from many different people.



**Pilafs**



**Meat dishes**



**Dolma**



**Farinaceous dishes**



**Chicken dishes**



**Fish dishes**



**Dishes with vegetables and greens**



**Kebabs (barbecue)**



**Sweets and desserts**



**Beverages**

# Pilafs



**Shah Pilaf (Crown Pilaf )**



**Shuyud plovu (pilaf with dill)**



**Sabzi-Govurma Pilaf  
(Pilaf with Stewed Meat and Greens)**



**Nardancha Pilaf  
(Pomegranate Seeds Pilaf )**



**Fisinjan Pilaf  
(Pilaf with Meat and Walnuts)**



**Pilaf Ali-Mushamba**

## Shah Pilaf (Crown Pilaf )

**Saffron petals – 0.5 gr**  
**Rice – 3 glasses**  
**Salt – 1 tea spoon**  
**Melted butter – 200 gr**  
**Lamb flesh – 600 gr**  
**Melted butter – 300 gr**  
**Bulb onion – 3-4 pieces**  
**Dried alycha (cherry plum) – 150 gr**  
**Raisin– 300 gr**  
**Chestnuts – 200 gr**  
**Season to taste with pepper and turmeric**  
**Lavash (flat unleavened wheat bread) – 10 Layers**



The name of this festive pilaf derives from its external form that resembles the crown of a Medieval Eastern ruler.

Clean and wash rice. Soak in salted water for 4-6 hours. Boil it until it gets half ready. Salt a bit. Then, put on colander. Add saffron.

Cut meat into rectangular parts. Grease with salt, pepper and alycha extract.

Grease bowl walls with butter. Note: To cook Shah Pilaf you will need a special bowl which has a smaller diameter at the bottom than at the top. Put 5 layers of lavash on the bowl bed.

Place lavash sheets on the bowl's sides in a way that they should cover a bit of the bowl bed and put each next lavash on the next one.

Place the lavash so that it hangs over the edges of the bowl. Grease each lavash with melted butter. For making lavash (flat unleavened wheat bread): take wheat flour, eggs and water. Knead stiff dough by adding salt. Roll into a round pancake with a thickness of 2 mm and bake it on a very hot frying pan (without butter). Put a layer of rice on bowl bed (1/3 of total weight), then put meat and repeat a layer of rice (1/3 of total weight). Put chestnuts in the middle and then, place dried apricots and seedless raisin. Cover all with the remaining rice (1/3 of total weight). Then, put all lavash sheets to cover rice and then, place 5 remaining lavash sheets greased with butter on the top.

Grease top with butter. Close lid and put in oven at a temperature of 130°C. After 40 minutes, take it out of oven and cover with butter.

After 80 minutes, take out of oven and open lid to pour out the butter. Turn bowl upside down on dish and put pilaf on dish.

Make a hole in the middle and cut pilaf into portions. Crust of lavash should be unfolded as petals.

## Shuyud plovu (pilaf with dill)

**Rice – 4 glasses**  
**Mutton or veal (brisket and shoulders) – 1 kg**  
**Dill – 2 bunches**  
**Saffron – 0.5 gr**  
**Melted butter – 4 table spoons**  
**Pomegranate (sour and sweet) – 1 piece**  
**Season to taste with salt and pepper**



Cut meat into large parts and stew them. Add salt and pepper. Wrap them in cheesecloth. Cut dill finely.

Let saffron draw. Wash rice pre-soaked in salted water. Place into boiling salted water. Boil for 5-7 minutes until half cooked and then place on colander. Mix with finely cut dill.

Make gazmakh (fried crust of rice) and put it on butter in bowl's bed. Sprinkle one layer of rice with a thickness of 1-2 cm and add the meat. Then, make a hillock using remaining rice. Pour the saffron and firmly close the bowl's lid wrapped in cotton fabric. Put on low heat for 40 minutes. Then, add warm butter and stew for another 0-15 minutes.

Put prepared rice and meat on the dish and sprinkle pomegranate seeds over them.

## Sabzi-Govurma Pilaf (Pilaf with Stewed Meat and Greens)

**Mutton (shoulders and brisket) – 200 gr**  
**Bulb onion – 1 piece**  
**Melted butter – 2 table spoons**  
**Coriander or dill – 2 bunches**  
**Dock – 1 bunch**  
**Spring onion – 1 bunch**  
**Saffron – 4-5 stamens**  
**Abgora (juice made from unripe grapes) or citric acid – 1 tea spoon**  
**Rice – 1 glass**  
**Melted butter – 1 tea spoon**  
**Cinnamon – 1/3 tea spoon**



Cut mutton into parts weighing 25-35 gr. Add salt and pepper. Fry. Add stewed onion, greens, coriander or dill, dock, spring onion, ½ part of saffron, abgora (juice made from unripe grapes) or lemon juice, some portion of bouillon and stew until it gets ready.

Cook rice pilaf separately.

To serve, put a hillock of rice (put saffron colored rice on top) and place the sabzi govurma around it. Pour butter and sprinkle cinnamon.

## **Nardancha Pilaf (Pomegranate Seeds Pilaf)**

**Rice – 1 kg**  
**Chicken – 2 pieces (500 gr each)**  
**Bulb onion – 7-8 pieces**  
**Raisin – 150 gr**  
**Dried apricots – 150 gr**  
**Pomegranate seeds – 100 gr**  
**Chestnuts – 100 gr**  
**Salt – 5 tea spoon**  
**Black pepper – 2 pinches**  
**For gazmakh (fried think fl our layer under the rice):**  
**Wheat – 1 glass**  
**Vegetable oil – 2 tea spoons**  
**Sour cream – 40 gr**  
**Katyk (natural yoghurt) – 40 gr**  
**Sugar – 20 gr**  
**Salt – 1 pinch**



Boil chicken in salted water and stew onion separately. Add raisin, dried apricots and pomegranate seeds. Use these ingredients to stuff chicken. Knead dough for gazmakh. Take wheat flour and add butter, sour cream, katyk (natural yoghurt), sugar and salt. Put all ingredients on bowl bed. Put stuffed chicken on top. Boil rice separately in salted water until it becomes half ready. Put it on colander and let the water drain away. Pour rice on top of chicken. Close lid firmly and put on low heat. Boil it 5-7 minutes until it becomes ready.

## **Fisinjan Pilaf (Pilaf with Meat and Walnuts)**

Mutton (shoulders and brisket)  
or chicken meat – 200 gr  
Bulb onion – 1 piece  
Melted butter – 50 gr  
Walnut kernels – 100 gr  
Narsharab (dense pomegranate sauce) – 25 gr  
Cinnamon – 0.2 gr  
Rice grains – 100 gr  
Saffron – 5-6 stamens



Cut mutton into 3-4 parts per portion to prepare fisinjan (side dish). Sprinkle salt, black pepper and fry. Afterwards, add stewed onion, smashed walnuts, sour-sweet pomegranate juice or narsharab (dense pomegranate sauce), cinnamon, some bouillon. Stew it until it gets ready. In ancient times, it was the custom to add an old and washed horse-shoe in order to obtain a more saturated dark color. Cook pilaf separately using rice. To serve, put a hillock of hot pilaf on dish. Its half is colored saffron. Put fisinjan around it or serve it separately.

## Pilaf Ali-Mushamba

**Mutton (shoulder and brisket) – 150 gr**  
**Meat bouillon – 50 gr**  
**Bulb onion – 1 piece**  
**Melted butter – 10 gr**  
**Dried apricots – 40 gr**  
**Fresh alycha (cherry plum) – 20 gr**  
**Cloves – 0.05 gr**  
**Saffron – 0.1 gr**  
**Cinnamon – 0.2 gr**  
**Rice grains – 100 gr**  
**Melted butter – 30 gr**



Cut mutton flesh into portions (usually, two parts for one portion) and fry. Add stewed bulb onion, dried apricots soaked for 4-5 hours. Add also fresh alycha (cherry plum), cloves, a bit of saffron, half of chicken, bouillon and stew until it gets ready.

Boil prepared rice grains until it gets half ready and pass it through a colander as it goes with other pilafs. Put a bit of butter, half-boiled rice on bowl bed. Put bowl on low heat under closed lid until pilaf becomes ready. A part of ready pilaf is colored with saffron extract.

To serve put prepared rice on dish. Then, a layer of saffron colored rice. Pour butter and put prepared mutton with vegetables and fruits around it. Pour also the sauce used for stewing those ingredients and sprinkle remaining part of cinnamon.

# Meat dishes



Piti



Parcha-Bozbash



Jyzbyz



Kyufta Bozbash  
(Minced Meat Bozbash)



Bozartma



Buglama



Saj Ichi

# Piti

**Mutton or veal (brisket or shoulder) – 1 kg**  
**Bulb onion – 1 bunch**  
**Chick peas – 5 glass**  
**Chestnuts - 1 glass**  
**Prune – 8-10 pieces**  
**Turmeric – 3 pinches**  
**Season to taste with salt, pepper and sumakh**



Tasty, flavored and nourishing piti is only cooked in chanag, kyupe or dopu (all these words mean a clay in the Turkic languages, including the Azerbaijani language). The recipe of piti has, for a very long time, overpassed the boundaries of the Turkic world. For the time being, its different types can be found in the Balkans, Moldova, Georgia and the countries of Mediterranean, where they are known as called chanakh or hanakhi etc.

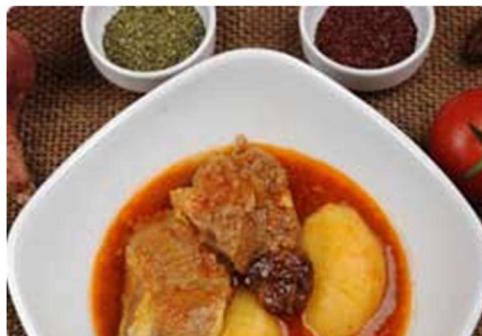
The etymology of the name of this dish derives from the Turkic word 'bitdi' (or 'bitti' in various dialects) - which means 'the end of festivity'. By portions, this dish is so nourishing that anyone who finishes eating this dish then pronounces the word of 'bitdi' - meaning there is no need to eat any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

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

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

## Parcha-Bozbash

**Mutton (veal) – 1 kg (brisket or shoulder)**  
**Onion – 2 pieces**  
**Chick peas – 5 glass**  
**Potatoes – 4 pieces**  
**Turmeric – 5 tea spoon**  
**Coriander or dried mint– 2 tea spoons**  
**Season to taste with salt and pepper**



The word 'parcha' means a part or a chunk, whilst the word 'bozbash' translates from Azerbaijani as a grey chunk or a grey part because the meat turns grey whilst cooking. Boil peas in advance. Cut meat into medium sized parts. Cut finely onions and fry them all in a bowl until it becomes crusty. Then, pour 4 glasses of water or meat bouillon. Add pepper and salt. Cook on low heat until it becomes ready. Then, add potatoes. Sprinkle turmeric, coriander or mint in the ready dense dish. To serve with fresh vegetables, marinates and bread.

## Jyzbyz

**Inner parts of sheep (lungs, liver, heart, intestines and kidneys) – 2 kg**  
**Fat tail of sheep – 300 gr**  
**Potatoes – 6 pieces**  
**Season to taste with salt**



The name of this dish – 'jyzbyz' – derives from the sound of frying suet. To start, take and cut finely 150 gr of suet and make cracklings. Wash properly each product, cut and put into various bowls. In the beginning, fry lungs in suet cracklings. Then, do the same with liver, kidneys and heart. Salt all these products a bit and mix it up. Then, cut into large parts and fry the remaining part of suet, continue to roast potatoes cut as French fries, and put in common bowl. Mix it up and keep on heat for more 5 minutes (but not to let it dry). As a final step, put on dishes. To serve in hot form with bread, marinates, cherry salad or vinegar salad.

## Kyufta Bozbash (Minced Meat Bozbash)

**Mutton (fl esh) – 500 gr**  
**Rice – 3 table spoons**  
**Chick peas – 5 glass**  
**Bulb onion – 2 pieces**  
**Dried cherry plum or sour cherry – 10-15 pieces**  
**Eggs, potatoes, tomatoes – 2 pieces per each**  
**Turmeric – 5 tea spoon**  
**Dried mint – 2 tea spoons**  
**Season to taste with salt and pepper**



The word 'kyufta' translates as a minced meat. Pass meat with onion through meat grinder. Mix it with egg and rice. Add salt, pepper and turmeric. If the bones are available, it is possible to make bouillon. Put into bouillon peas and evenly cut potatoes. If it is not available, or one wishes to have a lightly done dish, then, you can put all ingredients into 1½ litre of water. Form solid balls using minced meat of the size of a child's fist. Put inside each ball one alycha or prune (put all remaining dried fruits in soup). Cook for 20-30 minutes until potatoes become ready. Sprinkle dried mint into soup that is taken away from heat. To serve with fresh greens and marinates. You can also serve sumakh separately. This dish can also be prepared using veal, beef or turkey meat.

## Bozartma

**Mutton, beef or veal (brisket, ribs) – 500 gr or 1 kg**  
**Bulb onion – 2 pieces**  
**Thyme – 1 table spoon**  
**Potatoes – 3 pieces**  
**Dried alycha or plum – 10 pieces**  
**Season to taste with salt and pepper**



The word 'bozartma' translates from Azerbaijani as the chunk of meat that becomes grey colored whilst cooking. Cut meat into small parts. Fry finely cut onion until it has a golden color and then, pour 3 glasses of water. Put alycha or prunes and stew until it gets ready. Add salt and pepper. When the water evaporates, a dense sauce will form on bowl bed. Put evenly cut potatoes and sprinkle thyme. Boil until the potatoes are prepared. To serve by separately pouring katyk (natural yoghurt) with garlic.

## Buglama

**Veal (legs) – 2 kg**  
**Tomatoes – 1.5 kg**  
**Bulb onions - 600 gr**  
**Capsicum - 110 gr**  
**Sweet pepper - 120 gr**  
**Alycha (cherry plum) – 230 gr**  
**Season to taste with salt**



The word 'buglama' translates from Azerbaijani as a dish cooked using its own vapor. For this dish, cut meat into parts of 50-60 gr. Wash and dry it. Wash and peel vegetables. Cut into thin rings. Put several layers of meat and vegetables on bowl bed. Add salt. Pour 150 gr of water and close lid. Let it stew until it is ready.

## Saj Ichi

**Inner parts of sheep (lungs, liver, heart and kidneys) – 250 gr**  
**Bulb onion – 2 pieces**  
**Suet – 50 gr**  
**Salt – 1 tea spoon**  
**Powdered black pepper – 5 tea spoon**  
**Pomegranate seeds – 30 gr**  
**Potatoes – 2 pieces**  
**Eggplants – 2 pieces**  
**Sweet pepper – 1 piece**  
**Tomatoes – 2 pieces**  
**Lavash (flat unleavened wheat bread) – 3-4 Pieces**



Saj is flat shield-shaped universal cast-iron tableware used among Turkic peoples. Flat bread called as 'lavash', 'yukha' or 'yayma' are baked on its salient side. In Turkic languages, lavash stands for a flat unleavened pancake of different thickness made from dough. 'Yukha' means superposition (to superpose on saj). It represents also one of forms of flat pancakes. 'Yayma' means a roll-out (to roll dough on saj). It is also another type of flat pancakes. The reverse side of the saj is used to fry meat and inner parts of animals. 'Saj Ichi' is a meal prepared inside the saj.

Wash mutton, dry and clean from any meat films and cut into small parts. Peel onions and cut into semi-circles.

Warm up suet in deep frying pan or bowl. Put meat and fry on high heat until it gets crust in 5-7 minutes. Reduce heat, add onions, salt and pepper. Fry for another 20 minutes. Then, add pomegranate seeds.

Peel potatoes and eggplants. Cut it into large parts. Wash peppers and take out its seeds and inner walls. Cut into 8 parts. Wash tomatoes and cut into rings.

Warm up remaining suet in separate frying pan. Then, fry consistently potatoes, eggplants, pepper and tomatoes.

To serve, put meat in the center of saj. Put vegetables around meat. Divide lavash into 4 parts and put on the saj.

# Dolma



Yarpag Dolmasy  
(Vine Leaf Dolmah)



Yarpag Dolmasy  
(Vine Leaf Dolmah)



Badymjan, Pomidor, Biber Dolmasy  
(Eggplant, Tomato and Pepper Dolmah)

## Yarpag Dolmasy (Vine Leaf Dolmah)

**Mutton (beef or veal) – 500 gr**  
**Bulb onion – 2 pieces**  
**Parsley, dill, onion petals and mint – 1 bunch per each (if you do not have a fresh mint, then you can use dried mint)**  
**Rice – 100 gr**  
**Vine leaves (fresh or marinated) – 250 gr**  
**Katyk (natural yoghurt) with or without garlic**  
**Season to taste with salt and pepper**



Prepare vine leaves for dolmah. Leaves can be stored freshly by portions by wrapping it with paper and placing it into a cellophane bag. Afterwards, put it in a fridge. Defrost before use. Wash and blanch. Following this procedure, you can start to make dolmah.

You can take also mulberry or wild grape leaves instead of vine leaves. Evidently, this will change the taste of dolmah. Usually, fresh, thin and non pilose leaves are used for the preparation of dolmah.

Make minced meat using mutton with onion. Add finely cut greens, washed rice, powdered black pepper and salt. Mix it all properly.

Wash vine leaves. Use salted boiling water to mild fresh leaves.

Put a bit of minced meat in each vine leaf to fold it as an envelope and place into bowl. Put upside down one sauce on the dolmah to avoid leaves unfolding. Add one glass of water, close with lid and boil on low heat for one hour until it is ready. If the water evaporates, add more ½ glass of water. To avoid bowl bed sticking, it can be covered with bones or vine leaves. Serve katyk (natural yoghurt) with or without garlic.

## Kelem Dolmasy (Cabbage Dolmah)

**White cabbage – 1 kg**  
**Meat – 500 gr**  
**Boiled chestnuts without seeds – 1 glass**  
**Bulb onion – 3 pieces**  
**Prunes without seeds – 6 pieces**  
**Vegetable oil – 1 table spoon**  
**Lavashana (thin dried layers made of thick pur e of cherry plum) – 1 table spoon (diluted in boiling water)**  
**Quince – 1 piece**  
**Rice – 3 table spoons**  
**Basil – 1 bunch**  
**Coriander – S bunch**  
**Turmeric – 1/3 tea spoon**  
**Season to taste with salt and pepper**



Cut finely chestnut and onion parts. Also finely cut greens.

Add butter, lavashana, salt, pepper and turmeric. Add these ingredients to the minced meat and mix it properly.

Boil one head of cabbage (without stump) in salted water until it is half cooked. Then, pull its leaves and press its thicker parts lightly. Put minced meat on leaves. Roll it up into a cylindrical shape. Then, put it into bowl. Pour bouillon or water to cover all products in bowl and cook for 40 – 50 minutes. To serve, give 2 – 3 pieces of cabbage dolmah per person. The cooking sauce may be added with sprinkled cinnamon.

## **Badymjan, Pomidor, Biber Dolmasy (Eggplant, Tomato and Pepper Dolmah)**

**Mutton (beef or veal) – 1 kg**

**Bulb onion – 3 pieces**

**Eggplants (medium size), tomatoes and sweet thin-skinned pepper – 8 pieces per each**

**Basil of violet color – 2 bunches**

**Turmeric – 1 table spoon**

**Katyk (natural yoghurt) – 500 gr**

**Garlic – 2-3 cloves for katyk**

**Season to taste with salt and pepper**



This dish is known as 'uch baji' (three sisters) due to the number of main ingredients. Cut stems of eggplants and make a short lengthwise section. Blanch in boiling water and chill it. Cut tops of tomatoes and remove 1/3 of pulp by using a tea spoon. Cut lids of sweet peppers and remove seeds. Mix salt and turmeric in small saucer.

Grind meat in meat grinder and fry with finely cut onion (do not dry minced meat, it should remain juicy). Add finely cut basil and tomato flesh into minced meat. Mix it properly. Salt and pepper slightly.

Use minced meat to stuff eggplants, tomatoes and peppers. Grease all of vegetables' inside using turmeric and salt in advance. Put in layers inside large and deep bowl: first, put eggplants, then tomatoes and peppers.

Pour ½ glass of water. Close lid and cook until water comes to boil. To serve, put one per each vegetable on dish. Pour katyk (natural yoghurt) with or without garlic. Dolmah made of eggplants, peppers and tomatoes can each be cooked separately.

# Farinaceous dishes



Dyushbara (Meat Dumplings)



ėt qutabı



Greens & Meat Gutab



Gyurza



Arishta



Guru Khingal

## Dyushbara (Meat Dumplings)

**Mutton (beef or veal) – 500 gr**  
**Bulb onion – 2 pieces**  
**Dough is prepared in accordance with the recipe given at the beginning of this chapter**  
**Dried mint – 1 table spoon**  
**Season to taste with salt and pepper**



Pass meat with onions through meat grinder. Salt to taste. Knead dough into thin layers and cut into squares sized 2x2 or 25x25 cm.  
Put a bit of minced meat in each square and roll up edges. Join two edges of this triangle (it looks like a seashell).  
Boil 2 litres of water. Add salt. Throw all the dyushbaras into boiling water. When they surface, then the dish is ready. Before serving it, add dried mint. Season to taste with sauce of vinegar and garlic.  
This dish can also be prepared using chicken or meat bouillon boiled in advance.  
One spoon should contain 5-8 dyushbaras on average. However, the best cooks in Absheron villages are able to make such a small size of dyushbara that there will be enough to place 20 such dyushbaras in one spoon!

## Ət qutabı

**Un – 1 kq,**  
**Yumurta – 1 əd.,**  
**Su – 2 stəkan,**  
**Ət (qoyun əti, dana əti) – 1 kq,**  
**Baş soğan – 4 baş,**  
**Nar – 1 əd.,**  
**Duz – zövqə görə**



«Qutab» sözü «qat, qatlanmış» sözündən əmələ gəlmişdir.  
Un, yumurta, bir çimdik duz və sudan bərk xəmir yoğrulur və üstü dəsmalla örtülüb saxlanılır. Ət və soğan ət maşınından keçirilir və qiymə hazırlanır. Nar təmizlənir.  
Xəmindən diametri təxminən 5 sm olan kündələr tutulur, 1 mm qalınlıqda çərək nimçəsi boyda yayılır. Onun bir tərəfinə qiymə yaxılır və üstündən bir neçə nar dənəsi səpilərək, ikinci tərəfi onun üstünə qatlanıb qıraqları bağlanır.  
Hər iki tərəfdən ya yağda, ya da yağsız sacda qızardılır. Hazır qutablar hər birinin üstünə kərə yağı çəkilərək və sumax səpilərək nimçədə bir-birinin üstünə qoyulur.  
Bütün növ qutablar üçün xəmir eyni cür yoğrulur.

## Greens & Meat Gutab

**Wheat – 1 kg**  
**Egg – 1 piece**  
**Water – 2 glasses**  
**Season to taste with salt**  
**For stuffing:**  
**Coriander, dill, celery, spinach – 1 bunch per each**  
**Butter – 1 table spoon**  
**Bulb onion – 1 piece**  
**Season to taste with salt and pepper**



Knead stiff dough out of eggs, water, salt and cover with towel. Then, cut into bulbs sizing 5 cm. Roll into pancakes with diameter of 15 cm. Add salt and pepper. Stew slightly in vegetable oil. Wash greens and cut finely with onions by putting on one side of thin rolled dough. Cover second part and roll up edges. Bake in upside frying pan from both sides and grease with butter as it gets ready by putting gutabs on each other.

## Gyurza

**Mutton (beef or veal) – 500 gr**  
**Bulb onion – 3 pieces**  
**Suet – 100 gr (depending on individual taste)**  
**Dill – 1 bunch**  
**Katyk (natural yoghurt) with garlic**  
**For dough:**  
**Wheat – 500 gr**  
**Egg – 1 piece**  
**Water – 2-2S glasses**  
**A pinch of salt**



Make minced meat with onions and suet. Add salt and pepper. Fry it all well. Knead stiff dough and roll to a thickness of 1 mm. Use a simple glass to cut circles. Put a bit of minced meat on each circle and roll up from both edges to give the shape of a serpent. Leave a small hole in one edge. Boil gyurza in bouillon or salted water for 5-10 minutes (wait until it surfaces) and put on the dish using a skimmer. Pour katyk (natural yoghurt) with garlic or tomato sauce. You can also pour 1-2 table spoons of bouillon into dish.

## Arishta

**Veal or mutton – 500 gr**  
**Bulb onion – 1 piece**  
**Arishta (homemade noodles) – 3 handfuls (or the thinnest vermicelli – 2 handfuls)**  
**Coriander and dill – 1 bunch**  
**Wine, grape or apple vinegar**  
**Season to taste with salt and pepper**



Wash meat and pass it jointly with onions through meat grinder. Make small balls of meat and pass them through into 2 liters of boiling water and boil them for 15-20 minutes. Afterwards, add homemade noodles and let them cook. Add salt and pepper. Before serving, add finely cut greens.

Usually, this soup is also served with vinegar with garlic or katyk (natural yoghurt) with garlic.

## Guru Khingal

**Wheat – 1 kg**  
**Egg – 1 piece**  
**Bulb onion – 3 pieces**  
**Butter – 3 table spoons**  
**Katyk (natural yoghurt) with garlic**  
**Season to taste with salt**



This dish is prepared using sheet shaped dough. Therefore, its name is translated as 'khingal' - made out of dough sheets. Knead stiff dough of wheat, eggs, a pinch of salt and 2 - 2½ glasses of water. Knead it well and divide into balls sizing a tennis ball.

Roll the thinnest layer out of these balls. Then, cut dough into rhombs sizing 5-6 cm and dry it. Pass boiled rhombs through colander and put on dishes. Pour katyk (natural yoghurt) with garlic and melted butter. Put ghiyma (fried minced meat and onion) on it.

You can also sprinkle pomegranate seeds.

# Chicken dishes



**Chyghyrtma**



**Chicken Levenghi**

## Chyghyrtma

**Chicken – 1 piece**  
**Bulb onion – 2 pieces**  
**Citric acid – 5 tea spoon or juice of 1 lemon**  
**Eggs – 2 pieces**  
**Melted butter or vegetable oil – 2 table spoons**  
**Season to taste with salt and pepper**



It is literally translated as 'crying' by recalling the sound of frying meat. Boil chicken (its bouillon can be used for soup).

Add salt and pepper. Cut into parts. Fry onion rings. Make omelet out of 2 eggs.

Then, put prepared chicken in frying pan. Put half fried onion on it. Sprinkle citric acid or pour lemon juice.

Put cut omelet on all ingredients. Pour ½ glass of bouillon and stew for 20 minutes.

While you put it on dish, keep omelet on top.

## Chicken Levenghi

**Chicken – 1 piece**  
**Walnuts – 5 glass**  
**Bulb onion – 1 piece**  
**Dried alycha (cherry plum) – 5-6 pieces**  
**Narsharab (dense pomegranate sauce) – 1 table spoon**  
**Alycha extract – 2 table spoons**  
**Vegetable oil – 1 table spoon**  
**Season to taste with salt**



Salt chicken from inside and outside. Pass walnuts with onions through meat grinder. Squeeze onion, remove juice and mix with walnuts and narsharab (dense pomegranate sauce) or alycha extract. Stuff chicken and sew it. Grease with alycha extract and butter. Put in oven. Bake at a temperature of 180°C for 1 hour.

To avoid meat drying, pour one glass of water into baking sheet.

To serve either hot or cold.

# Fish dishes



Fish Buglama



Fish Levenghi

## Fish Buglama

**Sturgeon or beluga - 370 gr**  
**Potatoes - 115 gr**  
**Bulb onion - 80 gr**  
**Yellow alycha - 60 gr**  
**Salt – 0.4 gr**  
**Powdered black pepper – 0.3 gr**



Peel fish scales and wash in cold water. Let water move away. Peel potatoes, onion and wash. Cut into parts. Put fish on bowl bed by peppering and salting it in advance. Put potatoes, onions and fish on it. Cook it on low heat.

## Fish Levenghi

**Kutum (Caspian White Fish – *Rutilus frisii kutum*) or carp – 2 kg**  
**Peeled walnuts – 200 gr**  
**Bulb onion – 2 pieces**  
**Narsharab (dense pomegranate sauce) or alycha sauce – 2 table spoons**  
**Vegetable oil – 2 table spoons**  
**Kishmish (dried seedless grape) – 80 gr**  
**Dried alycha (cherry plum) – 50 gr**  
**Season to taste with salt**



Clean scales, wash and dry kutum. Grind walnuts, finely cut the onions and stew them. Mix kishmish, walnuts with onion, dried alycha and 1 glass of water. Add salt. Fill the fish with stuffing, sew and grease with alycha or narsharab (dense pomegranate sauce). Put on baking sheet in a warmed oven. Bake at a temperature of 180°C until it gets crusty on top (for around 40 minutes). Do not overdry it.

# Dishes with vegetables and greens



Kyukyu



Loby Chyghyrtmasy  
(Fried String Beans)



Baky Dovgasy

## Kyukyu

**Parsley, dill, spring onion leaves or leeks, celery, mint, coriander – 1 bunch per each**  
**Eggs – 9 pieces**  
**Citric acid – 5 table spoon**  
**Sumakh – 2 table spoons**  
**Melted butter or vegetable oil – 3 table spoons**  
**Season to taste with salt and pepper**



Wash, dry and finely cut greens. Froth eggs and add citric acid. Mix it well. Add salt and pepper. Pour 2 table spoons of butter in well warmed up frying pan. Put prepared ingredients and cover with lid. Following 5 minutes, when eggs will be boiled, open lid and shake frying pan to make ingredients slide and then, cover again with lid. Reduce heat. After 15-20 minutes, all ingredients in frying pan will bake as a cake (its surface should not be liquid). Then, cover frying pan with flat dish and turn it upside down. Put kyukyu on dish. Pour remaining spoon of butter and put kyukyu back in frying pan. Fry for another 5 minutes by not covering with lid to let reverse side crust also. Covering frying pan with dish, turn it upside down and put kyukyu on dish. Sprinkle sumakh and cut into segments. To serve either cold or hot.

## Loby Chyghyrtmasy (Fried String Beans)

String beans – 1 kg  
**Bulb onion – 2 pieces**  
**Eggs – 2 pieces**  
**Vegetable oil – 4 table spoons**  
**Katyk (natural yoghurt) with garlic**  
**Season to taste with salt**



Cut pods into small parts and wash in colander. Boil in salted water and pass through sieve. Cut onions into rings, stew in oil and then, put on frying pan. The butter that was used to fry onions, can be used also for making an omelet. Put fried string beans and onions into not too deep bowl or deep frying pan. Mix it up. Put cut omelet onto it. Stew all stuff for almost 15 minutes. Put the ready product on dish and serve with sauce.

## Baky Dovgasy

**Mutton – 800 gr**  
**Bulb onion – 1 piece**  
**Katyk (natural yoghurt) – 2 litres**  
**Chick peas – 100 gr**  
**Egg yolk – 1 piece**  
**Wheat – 1 table spoon**  
**Water – 1S litre**  
**Coriander, celery, dill, parsley, mint – 1 bunch per each**



Take out bones from meat and cut it into small parts sizing 2x2 cm and fry with finely cut onions until it becomes ready. Make bouillon of bones and chill it. Boil peas in advance. Mix egg with wheat flour and 2 table spoons of water until it gets the form of homogenous mass. Pour katyk and put also peas. Wash, dry and finely cut greens. Put katyk (natural yoghurt) on heat and pour sieved bouillon (you can also put bones with meat). Add fried meat and stir it until it boils. Then, put greens and let it stay on heat for 5-10 minutes. Take out from heat and serve with fresh onions, bread and fresh unsalted cheese (season to taste with salt and pepper).

# Kebabs (barbecue)



Gabyrga Kebab  
(Entrecote Barbecue)



Lyulya-Kebab



Lyulya-Kebab from Potatoes



Eggplants Kebab with Suet



Sturgeon Basdyrma-Kebab



Dana Basdyrmasy (Veal Meat)



Kebab Mezese

## Gabyrga Kebab (Entrecote Barbecue)

**Lamb brisket – 2 kg**  
**Season to taste with salt and pepper**



Cut brisket according to ribs (one portion is 5-6 parts per person). Add salt and pepper. String on skewer parallel to the ribs. Use 3-4 parts per each skewer. Grill it on mangal (brazier) with burning charcoal.

## Lyulya-Kebab

**Mutton – 1.5 kg**  
**Suet – 100 gr**  
**Bulb onion – 3 pieces**  
**Sumakh – 100 gr**  
**Season to taste with salt and pepper**



The name of this kebab derives from the word of 'lyulya' (barrel) because it resembles a gun barrel.

Grind two times mutton, suet and onions in meat grinder. Add salt, pepper and let it draw in cool place for 30 minutes.

Rinse your hands in salted water, take the portions and make 'sausages' on skewer. Put on mangal or grill.

Grill for 10-15 minutes.

To serve lyulya kebab, give also lavash, bread, fresh greens and bulb onion. Sprinkle sumakh. Lyulya kebab can be made of veal or turkey meat. But, it is necessary to add 300 gr of suet to 15 kg of meat.

The manner of cooking is the same.

## Lyulya-Kebab from Potatoes

**Potatoes – 1 kg**

**Suet – 200 gr**

**Season to taste with salt, pepper and turmeric**



Peel and boil potatoes to obtain a stiff puree. Add suet ground in mean grinder. Mix it well and pass again through meat grinder. Add salt, pepper and a bit of turmeric. Form small sausages on spit and put on warmed barbecue. Fry from both sides for 3-5 minutes.

## Eggplants Kebab with Suet

**Small eggplants – 8-10 pieces**

**Suet – 500 gr**

**Season to taste with salt**



Wash and dry eggplants. Cut stems and make a small cut. Put a part of salted suet inside this cut.

String eggplants on skewer and try to put inside also a bit of suet. Then, put on a warmed mangal. This dish is served with meat kebabs.

## Sturgeon Basyrma-Kebab

Fish – 2 kg

**Bulb onion – 3 pieces**

**Tomato paste – 2 table spoons**

**Season to taste with salt and pepper**



Cut descaled sturgeon into portions.

Cut finely onion, mix with fish. Add salt and pepper. Put it densely into bowl and leave for one night in a cool place. If the environment is warm, then it may be placed in a fridge.

Before making this dish, take it out of the fridge and leave for a while at room temperature.

String on skewer and grease it with tomato paste or sour cream (using also a pinch of turmeric). Add onion and fry on mangal (barbecue). Do not dry it. Fish will be flavored and mild. To serve with fresh greens, vegetables and narsharab sauce (pomegranate sauce) and pomegranate seeds.

## Dana Basyrmasy (Veal Meat)

**Veal sirloin – 2 kg**

**Bulb onion – 1-2 pieces**

**Thyme – 3 table spoons**

**Salt – 1 table spoon**



Dana Basyrmasy is basdyrma made from veal meat. The word of 'basyrma' means bury or cover.

Cut meat into portions with a thickness of 1 cm. Cut onion finely. Prepare meat, onion and thyme and mix it well. Add salt and pepper. Cover with lid and put it in a cold place for 24 hours.

While stringing on skewer, you should shake the onions well and grill them on a warmed mangal (barbecue) until it gets ready.

## **Kebab Mezese (“Meze” is the Kebab Appetizer made from vegetables)**

**Eggplants – 5-6 pieces**  
**Tomatoes – 6 pieces**  
**Bulb onion – 1 piece**  
**Basil and coriander – 1 bunch per each**  
**Season to taste with salt and pepper**



Wash and dry tomatoes and eggplants. Take several pieces to string through skewer in a consistent way. Grill on mangal (barbecue) from both sides for 15-20 minutes. Peel, mash and finely cut bulb onion, basil and coriander. Add salt and pepper. Mix it well To serve with meat.

# Sweets and desserts



Guymag



Firni



Ter Khalvasy



Khashil



Pakhlava



Shakerbura



Shor Gogal

## Guymag

**Wheat – 1 glass**  
**Melted butter – 4 table spoons**  
**Granulated sugar or behmez (dense liquid made from mulberry) – 1 tea spoon per each portion**  
**Water – 1 glass**  
**Season to taste with salt**



Mix wheat flour and butter in the same bowl and fry till it becomes pink by stirring consistently.  
Afterwards, mix it properly with water until it looks like sour cream or pancake dough. Then, put it back on low heat and boil until it gets crusty.  
In this case, butter will surface.  
Put it on dishes jointly with crust.  
Make a hole in the middle of each portion and pour granulated sugar or behmez. Eat it hot.

## Firni

**Rice wheat – 4 table spoons**  
**Milk – 1 litre**  
**Sugar – 3 table spoons**  
**Cinnamon – 1 table spoons**  
**Saffron – 2-3 stamens**  
**Season to taste with salt**



Mix rice wheat and milk, put sugar and salt.  
Boil by stirring it permanently not to let form lumps on low heat until it becomes dense (as it looks like porridge).  
Then, pour sprinkle cinnamon and put on dessert dishes. Drop saffron extract in the middle.  
You can prepare saffron extract by pouring 2 spoons of boiling water on stamens and let it brew under the lid for 10-15 minutes.  
It can be served either hot or cold or to be a dessert.

## Ter Khalvasy

Melted butter or ordinary butter – 250 gr

**Wheat as needed**

**Water – 1 litre**

**Saffron extract – 3 table spoons**

**Gyulab (water of rose extract) – 3 table spoons or**

**crushed ginger – 1 tea spoon or**

**cinnamon – 1 tea spoon**

**Granulated sugar – 500 gr**



Melt butter in deep frying pan, pour wheat flour while stirring it permanently until it absorbs all butter. Fry by stirring it to avoid any lump until it becomes golden colored.

For syrup: pour water, saffron extract (0.5 gr per each 2 table spoons of boiling water) and water of rose extract (gyulab) into granulated sugar. Boil it all. Pour boiling syrup onto fried wheat flour and mix to avoid lump formation.

Put in dessert dishes. You do not have gyulab, sprinkle smashed ginger or cinnamon.

## Khashil

**Wheat – 2 glasses**

**Water – 2 litres**

**Butter – 3-4 table spoons**

**Behmez (dense liquid made from mulberry)**

**- 1 tea spoon per each portion**

**Season to taste with salt**



Dilute flour in water until it becomes a dense porridge without having any lumps. Salt it and pour into bowl by putting on low heat. Boil it by stirring for 10-15 minutes. To serve in hot form in portion dishes. Put one spoon of behmez and 1 tea spoon of butter in the middle of each portion.

# Pakhlava

Peeled walnuts – 1S kg  
**Butter – 500 gr**  
**Eggs – 2 pieces**  
**Wheat – 800 gr**  
**Granulated sugar – 1S kg**  
**Gyulab (water of rose extract) – 200 gr**  
**Saff ron – 2 gr**  
**Water – 600 gr**  
**Khash khash (white poppy seeds) – 50 gr**  
**Pistachio (or almond) – 50 gr**  
**Season to taste with salt**



The name of this sweet derives from its external shape. It is rhombic, which symbolizes fire, which is called 'pakhla' by Azerbaijani carpet specialists.

It is one of the festive sweets that are baked on the eve of the arrival of Spring – the Novruz Holiday to honor the Sun.

Put 2 egg yolks in wheat flour. Add 100 gr of mild butter and a pinch of salt to knead dough. Cut it into 10 parts. Peel walnuts (by putting it in boiling water in advance). Then, dry it and grind. Mix it with 500 gr of granulated sugar. Divide stuffing into 7 parts. Grease baking sheet with butter.

Then, roll one part of dough into thin layer. Put it on baking sheet and stick its edges on baking sheet sides. Grease with butter and then, put another layer of rolled dough. Grease again with butter. Sprinkle this layer by ground walnuts.

Then, repeat again a layer of dough. Grease it and add a layer of ground walnuts and so on. When you come to the last layers of dough (between 9 and 10), you will act as you have done for 1 and 2 layers. It will contain only butter. Cover edges properly. Tamp it. Afterwards, prepare saffron extract (2 gr per 6 table spoons of boiling water). Tamped pakhlava should be cut into rhombs.

Smear all surfaces with saffron extract using a brush. Sprinkle white poppy seeds on its angles.

Put in the center a half of pistachio (or almond).

Bake in oven at a temperature of 180°C during one hour (afterwards, as baking sheet will warm up, pour remaining butter on pakhlava). Make syrup out of granulated sugar and water. Boil it. Add gyulab (water of rose extract) and pour it on ready pakhlava.

When baking sheet will cool down after 5-6 hours, you can put rhombs on dish or in bowl. Pakhlava can be stored for 10-15 days.

# Shakerbura

**Almond or hazelnut – 1 kg**  
**Granulated sugar – 1 kg**  
**Cardamom – 8-10 pieces**  
**Wheat – 2 kg**  
**Eggs (yolks) – 10 pieces**  
**Sour cream – 800 gr**  
**Butter – 750 gr**  
**Milk – 1 glass**  
**Yeast – 10 gr**



The ancient name of this crescent shaped sweet derives from the Turkic words 'sheker burek' - 'sweet patty'. Soak yeast in 1/3 glass of milk. Add 1 table spoon of granulated sugar and then, add the remaining milk and mild butter. Knead dough and leave it in warm place for 30 minutes. Grind walnuts and cardamom and mix with granulated sugar. Make round pancakes out of dough (sizing jam dish or saucer). Put stuffing in the middle and make fancy stitch. You can decorate its surface by various figures (for example, the figure of pine – it can be done using small pincers). Then, put it all in warmed oven. Bake at a temperature of 180°C for 30-40 minutes.

# Shor Gogal

**Wheat – 1S kg**  
**Yeast – 30 gr**  
**Milk – 500 gr**  
**Butter – 100 gr**  
**Eggs (yolks) – 6 pieces**  
**Granulated sugar – 3 table spoons**  
**Season to taste with salt**

**For stuffi ng:**

**Wheat – 500 gr**  
**Anise, caraway, cinnamon, black pepper – 1 tea spoon per each**  
**Turmeric and salt – 2 tea spoons per each**  
**Melted butter – 3 table spoons**

**Separately:**

**Butter – 1S kg**  
**Poppy – 100 gr**  
**Egg – 1 piece**



Gogal is a round shaped light-yellow colored floury product which was dedicated to the Sun in ancient times. Make leavened dough (by diluting yeast in warm milk and adding 750 gr of wheat flour) and put it to ferment in warm place for 4 hours. As leavened dough gets bigger in size, add warmed butter, sugar and mix it up by pouring remaining the wheat flour. Mix it well until you get homogenous dough and leave it in warm place for 1 – 1½ hour.

For stuffing:

Pound caraway seeds and fry it. Add remaining spices, warm butter and mix it all. Fry on heat for 5 minutes. Divide leavened dough into 10 parts. Roll flat each part and smear it with melted butter. Put it each on other.

Cut multilayers' dough into stripes with width of 6-7 cm. Then, cut each such stripe into parts of 10 cm. Then, make spiral out of each part. Roll up from both sides. Make a crater in the center. Put 1 tea table of stuffing. Close the crater and then, make a pancake in size of handful. Smear with frothed egg, sprinkle poppy seeds and put on baking sheet. Then, throw a towel on it and wait for 10-15 minutes.

Afterwards, put baking sheet in warmed oven. Bake with temperature of 180°C for 30-40 minutes. Shor gogal can be stored for long time in bowl with closed lid.

# Beverages



Sumakh Sorbet



Rose Petals Sorbet



Sorbet with Lemon Crust



Pomegranate Sorbet

## Sumakh Sorbet

Sumakh – 100 gr  
Granulated sugar – 500 gr  
Water – 1S litre

Pour hot syrup on sumakh and drink it chilled.



## Rose Petals Sorbet

Tea rose petals – 50 gr  
Granulated sugar – 500 gr  
Water – 1S litre  
Citric acid – 1 pinch

Pour hot syrup on rose petals. Add a pinch of citric acid.  
To serve in chilled form.



## Sorbet with Lemon Crust

Lemon crust – 5-6 lemon crust  
Granulated sugar – 500 gr  
Water – 2 litres

Cut finely lemon crusts and pour hot syrup. Serve it for lunch in chilled form.



## Pomegranate Sorbet

Pomegranate – 1 kg  
Granulated sugar – 500 gr  
Water – 1S litre

Take out pomegranate seeds and pour syrup on them.  
Chill it before drinking.

