



Armenian Cuisine

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Lavash

Armenia is famous for its bread called “lavash”, it is baked in an underground oven called a “tonir.”

“Lavash” is a very thin bread like shown in the picture.

Here are some facts about “lavash”:

- “Lavash” can be preserved for months
- “Lavash” is considered to be one of the world’s best breads
- It is traditionally made by women
- It contains salt, flour and water
- It is always put on the table when it is time to eat

Matnakash

- “Matnakash” is a way of making bread in Armenia
- It was made by accident when a person making bread pulled their fingers through the dough and when they baked it the lines appeared like in the picture
- The word “matnakash” comes from that event since “mat” means finger and “kash” comes from “kashel” which means to pull
- It can be big, medium or small
- It has a golden-brown colour and is very delicious
- It is usually made and sold in small bread shops



Lahmajo

“Lahmajo” is very popular amongst Armenians and it is the traditional Armenian “pizza.” It is a round, thin piece of dough topped with minced meat, minced vegetables and herbs including onions, tomatoes and parsley, and spices such as cayenne pepper, paprika, cumin and cinnamon, then it is baked

- Traditionally “lahmajo” does not contain any cheese
- Some “lahmajo” can be the size of a tray
- And some can be very spicy



Zhingyalov Hats



“Zhingyalov hats” dough is filled with about 25 different types of greens and then fried.

- “Zhingyalov hats” comes from Artsakh
- Beer, dough and wine all suit to drink while eating “zhingyalov hats”
- “Zhingyalov hats” is very popular during the Great Lent



Harissa

“Harissa” is an Armenian food that symbolises the courage of Armenians. It is made of two ingredients: peeled wheat and meat or chicken.

- It is a filling dish
- “Harissa” is an ancient and the national food of Armenia
- It is a type of porridge
- There is a “harissa festival in Musaler, Armenia around September since in 1915 Armenian genocide the people from Musaler defended themselves on top the mountain for about 40 days and were rescued. People from Musaler all over the world come back and participate in the festival. During the festival people make “harissa” in a lot of gigantic pots like in the picture
- The best “harissa” is made in Musaler



Khash

“Khash” is a festive Armenian soup made especially in the winter to warm you up. It is an Armenian food that soothes the stomach.

- Its name is from the Armenian word “khashel” which means to boil.
- You boil parts of cow or sheep, which include the head, feet and stomach
- It is supposed to be served for breakfast!



Khashlama

“Khashlama” is a traditional Armenian lamb and vegetable stew.

- It is often cooked by men who together chop up the vegetables and marinade the meat.
- While they prepare the food, they chat about family updates
- Like “khash” the word “khashlama” comes from the word “khashel” which means to boil
- Legend has it that long ago people made “khashlama” in the mountains where there was always an abundance of sheep



Kchuch

“Kchuch” is a rich meat and vegetable stew cooked in a clay pot. It is mostly made of lamb meat and potatoes, tomatoes, eggplants, onions and peppers.

- The clay pot is a traditional Armenian pot that is called “kchuch”
- The food got its name from the pot shown in the picture!
- Armenian wine suits this dish
- “Kchuch” is a type of stew



Dolma

Dolma is a popular Armenian food which contains minced beef and rice wrapped with vine or cabbage leaves.

- The word dolma comes from the Greek word dolmadaki which means stuffed grape leaves
- To make dolma you need patience because it takes a long time
- You can eat it hot or cold
- Dolma's main ingredients are pepper, rice, vine leaves and eggplant





Khorovats (Armenian barbecue)

“Khorovats” is a unique Armenian barbecue method where you put the meat of either lamb, chicken, beef or pork onto skewers called “shish” then grilled on a “mangal.”

- Each year in mid-September the Khorovats festival in Akhtala, Lori, Armenia commences
- The word “khorovats” means grilled
- “Khorovats” is always on the table if there is a special occasion
- Armenians usually marinate the meat for the “khorovats” a day before the barbecue
- Everyone has eaten “khorovats” when visiting Armenia



Basturma

“Basturma” is a cured beef that is popular in the Armenian diaspora. Its main ingredients are beef or lamb fillet and a lot of spices.

- Making it at home will take you 2 weeks but it is worth the waiting
- It is bought from shops that put “basturma” in a sandwich

Manti

Manti is a food that you would want more of. They are tiny pieces of dough filled with meat and in the middle there are vegetables.

- The filling meat can be either lamb or beef
- The “mantis” are roasted until they are a golden colour
- Yogurt and garlic is served with this dish
- “Manti” is a type of dumpling



Tjvjik

“Tjvjik” is fried liver strips (usually of beef) topped with onions seasoned with spices and salt. It also has a variety of herbs on it.

- There is a Soviet Armenian movie called Tjvjik which has the food in it, the movie was also the first ever which was spoken in Western Armenian
- Tjvjik is a food hard to find in Armenia
- It is considered a delicacy in some of the Armenian villages



Armenian Bulgur Salad

Armenian bulgur salad is very similar to Lebanese tabbouleh. Green peppers, garlic, onions and tomatoes are mixed with the cooked bulgur.

- It is a refreshing dish that can be eaten as a main course or a side dish
- Armenian bulgur salad is a healthy and filling dish
- It is equally good served hot or cold



Ishkhan

“Ishkhan” is found in the Lake Sevan and is the most popular type of trout in Armenia.

- Trout in Sevan are meatier and that was their reason of fame
- They were exported to other regions as early as the 15th century
- “Ishkhan” can be made in a lot of ways, you can have it: boiled, fried, braised with almonds and much more
- The most popular way to eat “ishkhan” is cooking it in wine and seasoning it with basil, tarragon, chives and pepper



Ghapama

“Ghapama” is a pumpkin dish which calls for a medium sized pumpkin filled with cooked rice, dried fruit, raisins, chopped nuts cinnamon, honey or sugar and then baked until tender.

- “Ghapama” has a song in honour of it!
- It is usually eaten as a dessert dish
- It is commonly eaten on New Year’s Eve and on Armenian Christmas



Gata

This is a food loved by all Armenians all around the country. It is a sweet bread that can have different shapes and sizes.

- “Gata” is made for every Armenian tradition
- It can have different decorations based on the Armenian region you are in
- “Gata” is always sold in markets on the road usually near heritage sites



Sujuk

“Sujuk” is a sausage-shaped candy bar made from walnuts which are thickly coated with fruit syrup. They are then strung on long strings.

- “Sujuk” is a healthy food since it does not contain much salt, has no bad fats or cholesterol
- Its main ingredients are nuts, grape, pomegranate and apricot
- It is usually served as a healthy, energising snack
- It's also commonly called churchkhela



Ttu Lavash



“Ttu lavash” is a type of fruit leather that is “lavash” shaped. It can be made by a variety of fruits: plums, apricots, cherries or apples.

- The most popular one is made with the plums
- They are always sold in huts and tents beside heritage sites
- It tastes sweet and sour at the same time

Boerag

“Boerag” is a classical Armenian food, it is a puff pastry filled with a variety of cheeses.

- Some people make it with puff pastry, but others make it with dough
- It is cut into small squares and then baked until golden
- Some of the cheeses are feta, kashkaval and ricotta





Hope You Enjoyed This Presentation
And That You Would Try Some Of
The Foods Listed Here