



Flavours

GEORGIA

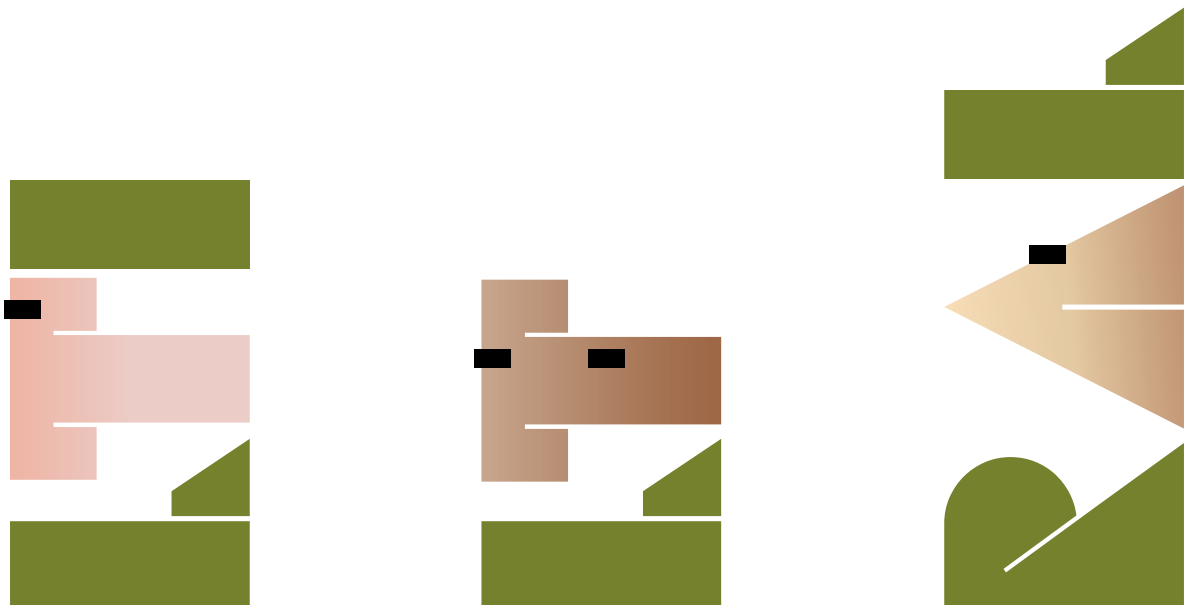
author: Raul Labadze

about me

Hi. I'm Raul. I come from Georgia but I'm currently based in Warsaw. I like playing football, traveling and of course cooking.

intro

Food plays very important role in Georgian culture. The importance of food in Georgian culture is best observed during a feast called "supra", when a huge assortment of dishes are prepared, always accompanied by large amounts of local wine, produced in ancient authentic Georgian underground clay pots - "Kvevris". Tamada (toastmaster) is in charge to lead the "Supra". Besides, the Georgian cuisine is quite "heavy", it uses lots of meat, cheese, and leavened dough. That is balanced by vegetable salads, which are often eaten as side dishes. Apart from the omnipresent walnuts, for the seasoning are mostly used garlic and also herbs such as coriander, tarragon or dill.



ADJARIAN KHACHAPURI



2h (including
rising time)
+ 25-30min of baking

*Khachapuri is one of the dishes that
is very popular in Georgia and mainly
in post-Soviet countries.
Let's get started!*

ingredients

- 400g bread flour
- 1 tsp sugar
- 1 tsp instant yeast
- 1 tsp salt
- 290ml warm water
- 1 tbsp sunflower oil
- 450g mixed cheeses,
at room temperature
- freshly grated black pepper
- 2 egg, beaten

directions

Step 1:

Put the flour, sugar, yeast and salt in the bowl of a food processor and process briefly. Pour in the warm water and process again. The dough will come together and form a ball. Continue processing for 2-3 minutes.

Step 2: Turn the dough out onto a lightly floured surface. Dust your hands with flour and knead the dough for another 2 minutes. It should be slightly sticky and not too firm. Spread the oil around the bottom and sides of a large bowl. Place the dough ball in the bowl, turning it once to pick up some of the oil. Cover the bowl with a clean tea cloth and place it in a warm place for 90-110 minutes.

Step 3: When the dough has risen, punch it down, turn it out onto a lightly floured board and knead it for just a minute to form a smooth ball. Divide the dough into equal halves if you are making two breads.

Step 4: Preheat the oven to 180 °C. Place a flat, heavy iron baking sheet in the centre of the oven. Form the bread while the oven heats up and fill with cheese. As I do not have opportunity to use Georgian cheese I use a combination of three cheeses, in equal parts. For each Khachapuri I use mozzarella, gouda and cottage cheese (natural). Feel free to add your favorite cheese also. Mix the cheese in a small bowl. If you like, also add half of the beaten egg, keeping the rest to paint the top of the bread.

Step 5:

And this is how my Adjarian Khachapuri looks like (1 egg on the top after it has been cooked is usually enough)

THE EGGPLANT ROLLS



1h - 1.5h

This classic recipe of eggplant rolls with walnut filling, called Nigvziani Badrijani, is common throughout Georgia. The rolls are served as a starters for the epic dinner parties known as supras, but they're great with drinks before dinner as well.

ingredients

- 3 eggplants - stemmed and cut lengthwise thick slices
- 2 tsp salt
- Walnut Paste
- 2-3 tbsp water
- 3 tbsp finely chopped fresh basil
- 1 tbsp finely chopped jalapeño
- 1/4 cup pomegranate arils

directions

Step 1:

Place eggplant slices in a large bowl, sprinkle with salt, tossing to coat both sides. Let stand, uncovered, until moisture forms on eggplant and water collects in bottom of bowl, about 30 minutes.

Step 2:

Afterwards, rinse eggplant slices well under cold running water. Squeeze each slice between paper towels to remove excess water, and pat dry with paper towels.

Step 3:

Pour oil into a large, high-sided skillet, heat over medium-high and use a spider to drop eggplant slices into oil. Fry until golden, about 3 minutes per side. Remove from oil, and drain on a paper towel-lined baking sheet. Pat tops of eggplant slices with paper towels to remove excess oil.

Step 4:

Stir together walnut paste and 2 tablespoons water in a large bowl, adding more water, 1 teaspoon at a time, if necessary, until mixture is spreadable. Add basil and jalapeño; stir to combine.

Step 5: Spread about 2 tablespoons walnut mixture on one end of each eggplant slice, and roll up. Arrange rolls, seam side down, on a serving platter. Finally, spread tops with any remaining walnut mixture, and sprinkle evenly with pomegranate arils.

CHURCHKHELA



It is a traditional candy made by repeatedly dipping a long string of nuts in tatar - a mixture of flour, sugar and badagi (concentrated fresh grape juice).

Georgians usually make Churchkhela in the Autumn when grapes and nuts are harvested.

In this recipe I will describe how to make churchkhela with walnuts and also with hazelnuts.

ingredients

- 1 and 1/2 quarts of white grape juice (badagi)
- 3/4 cup of sugar
- 1 cup of flour
- 40 walnut halves
- needle and thread

* The quantities for badagi, flour and sugar are enough for one coating of the nuts. The nuts will require at least two coatings

directions

Preparation (walnuts)

Step 1: Shell the walnuts. Add to a hot pan and heat on a low-medium heat for 2-3 minutes. Be careful not to burn them. Remove from the heat and allow to cool a little and then separate them into halves.

Step 2: Thread a needle with a 30-inch length of strong thread. With the flat side of the nuts facing up, thread 25 walnut halves onto the thread. Cut the thread from the needle and knot the ends. The walnut strands should be dried in the sun before the next stage of the process to prevent the growth of mold.

Preparation (tatar):

Step 1: Add the flour and sugar to a bowl. Once the flour, sugar and badagi have been mixed with a spoon, use an electric blender to ensure that the mixture is absolutely smooth.

Step 2: Add 1 liter of badagi to a deep cast iron pot and gradually add the flour/sugar/badagi mixture. Stir thoroughly.

Step 3: Heat on a high temperature, vigorously stirring all of the time. Bring to the boil. Turn the heat down to a low temperature and continue to stir for 8-10 minutes. During that time it will thicken and you should test it to make sure that it does not taste of flour.

Step 4: Keeping hold of one end of the thread, carefully place a strand of threaded nuts (walnuts or hazelnuts) into the tatar. Ensure that all of the nuts are coated with tatar and gently remove the churchkhela from the tatar.

Step 5: Leave the churchkhela to dry in the sunshine for 3 to 4 days, until the strands are no longer sticky to the touch.

Step 6: After 3 to 4 days make more tatar and repeat the dipping process. Leave the churchkhela to dry in the sunshine for 3 to 4 days. Repeat the coating process one or more times if you prefer thicker churchkheles. The churchkheles can be eaten once they are dry to the touch but can also be wrapped in towels in a wooden box and allowed to mature for 2 to 3 months.



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