

WORLD TABLE BOOKS

Armenian Table

A taste of the Armenian kitchen.

100 RECIPES / FULLY ILLUSTRATED EDITION

A PLACE AT THE TABLE

The pleasure of Armenian cooking

Thin warm lavash. Fragrant herb-filled bread. A pot of slow-cooked wheat and a sweet slice of gata.



Armenian cooking brings grains, garden herbs, gentle broths and generous grilled dishes to the table. These one hundred recipes explore Armenian favorites and diaspora household variations, with practical methods for an everyday kitchen.

Explore ten chapters, from mezze and salads to lavash, tolma, grains and dessert. Every recipe gives you measured ingredients, a clear method, estimated nutrition, storage advice and four preparation photographs. Choose a dish for its flavor, then use the numbers as useful context.

Cook with care. Share with pleasure. Make room at the table.

BEFORE YOU BEGIN

Make the recipe work for you

Read once, then cook

Read the full ingredient list and method before starting. Gather the equipment and prepare ingredients in the stated form. Steps are arranged so you can work while a grain simmers or a dish bakes.

Know your portion

Serves means equal portions of the complete measured batch. For individual pastries, croquettes and breadsticks, divide the stated yield into those servings. Divide all listed sauces, toppings and side dishes between those portions.

Use cues alongside the clock

Times are estimates. Pan width, food thickness, oven behavior and batch size affect them. Check tenderness, texture and internal temperature. Chilling and resting are listed separately and need extra time.

Follow the written quantities

Photographs show preparation and serving ideas; they do not establish exact weights, portion counts or doneness. Use the ingredient list and written method when cooking.

Make a thoughtful substitution

Each recipe includes a practical swap. A substitution can change texture, cooking time, allergens and nutrition. Use a product label when you need brand-specific nutrition.

Find your next recipe

Click a chapter in the contents, a recipe on its chapter page or a title in the alphabetical finder. Use Contents in the footer to return to the main list.

MEASURE WITH CONFIDENCE

A useful kind of precision

Metric amounts are the reference. US weights and spoon measures are rounded guides; a kitchen scale gives the most consistent result.

1 US teaspoon	5 ml
1 US tablespoon	15 ml
1 US cup	240 ml, rounded for cooking
1 US fluid ounce	29.57 ml
1 ounce, weight	28.35 g
1 pound, weight	454 g, rounded

Weigh in the listed state

Weigh meat and seafood raw unless stated otherwise. Drain canned beans and seafood; retain tomato juices when listed. Follow the stated fruit weight: whole pumpkins and quince include skins, seeds or cores that you remove later. Flour, grains and cornmeal are dry unless explicitly labeled cooked.

Measure small amounts sensibly

Use level spoons for fine salt, baking powder and ground spices. Salt grain size changes its volume: the spoon guide assumes fine table salt. Oil and spice spoon values are approximate. Weigh when precision matters.

A cup is not a universal weight

A cup of flour weighs much less than a cup of yogurt. Flour cup guides depend on the type and how loosely the cup is filled. Do not pack flour. For batter and bread recipes, use the gram amount.

COOK WITH CARE

Temperature, time and texture

Use a clean food thermometer in the thickest part, avoiding bone and the pan. Color and a browned surface cannot tell you whether the center is ready.

Chicken and turkey	74°C / 165°F
Ground beef, pork or lamb	71°C / 160°F
Whole-cut beef, pork and lamb	63°C / 145°F + 3-minute rest
Fish and shrimp	63°C / 145°F
Egg dishes	71°C / 160°F
Reheated cooked leftovers	74°C / 165°F

Cool and store promptly

Refrigerate perishable food within 2 hours, or within 1 hour if the room is hotter than 32°C / 90°F. Divide large batches into shallow containers. Keep the refrigerator at 4°C / 40°F or below; do not wait for a large pot to become completely cold on the counter.

Take extra care with cooked rice

Cool rice promptly, ideally within 1 hour, and refrigerate in shallow portions. Use within 24 hours and reheat only once, until steaming throughout. Reheating does not undo poor storage.

Keep raw and ready-to-eat foods apart

Use separate clean tools for raw meat and cold sauces. Do not rinse raw poultry. Wash produce and use pasteurized dairy. Cook egg mixtures to 71°C / 160°F. Keep fresh preserves and the soft sharots adaptation refrigerated; home drying does not establish shelf stability. Follow seafood supplier instructions. Charcoal grilling belongs outdoors.

GOOD INGREDIENTS

A pantry with Armenian character



Wheat, bulgur and achar

Dzavar is processed wheat; the pearled version here cooks more quickly than whole wheat berries. Fine bulgur hydrates readily, while coarse bulgur needs simmering. Achar is spelt: follow the supplier directions because pearling changes timing.

Matsun, cheese and butter

Use plain unsweetened whole-milk yogurt or matsun for tangy soups and sauces. Choose pasteurized dairy. String cheese, feta and low-moisture mozzarella have different textures; use the specified cheese and drain wet fillings before shaping.

Greens, herbs and sour notes

Aveluk is dried wild dock sold for cooking; buy it from a food supplier. Purslane and sorrel must be edible varieties. Wash and dry greens carefully. Fresh herbs, lemon and sumac bring brightness without overpowering the main ingredient.

Nuts, fruit and fragrant baking

Keep walnuts cool and use them while fresh. Dried apricots, prunes and raisins add sweetness to savory grains. Food-grade mahlab has a distinctive aroma; omit it if unavailable. Use culinary rose petals, never florist flowers.

A LITTLE PLANNING

Cook once, enjoy it well

Build a short plan around food you want to eat. A well-stored batch saves time; a refrigerator full of forgotten containers does not.

Choose two anchors

Pick one salad or soup and one bread or braise. Scale ingredient quantities by the same factor, then use a larger pan or work in batches. Cooking times do not scale in the same way.

Work in a useful order

Start a braise, dough rise or the oven first. Wash and cut vegetables while it heats. Mix cold sauces with clean tools before handling raw meat or seafood, and refrigerate them while the hot food cooks.

Portion the complete batch

Divide the finished components evenly before storing. Keep dairy sauces, crisp toppings and toast separate. Mark containers with the recipe and preparation date; follow the shorter storage limit if combining dishes.

Match the meal to the day

Rice dishes belong early in the plan because of their 24-hour refrigerator limit. Cold salads and dairy dishes often have shorter keeping times. Follow the individual recipe. Freeze suitable soups promptly in individual portions if you need them later.

Reheat with care

Reheat only the portion needed. Stir microwave-heated food and check the center, not just the edges. Add cold sauce after reheating. Thaw frozen portions in the refrigerator and use promptly.

NUMBERS WITH CONTEXT

Useful estimates, honest portions

A small bowl of jajik, a generous braise and a sweet slice of gata serve different purposes. Read the portion alongside the numbers and choose the dish for its flavor.

What the numbers include

Calories, protein, carbohydrate and fat are estimated per serving of the complete listed recipe. Sauces, grains, fruit and measured toppings are included. Extra oil, bread and unlisted garnishes are not. Where water or broth is listed, estimates use water; broth adds nutrients.

Why your result may differ

Food composition varies with the brand, cut, fat level, draining and portion size. Cheese, yogurt, meat cuts, tahini and packaged broth can differ substantially. Use the label on the product you buy when the figures need to be more specific.

What carbohydrate means here

Carbohydrate is total carbohydrate, not net carbohydrate. Values are rounded. Calories may not exactly equal protein x 4 + carbohydrate x 4 + fat x 9 because food data use more detailed energy factors and fiber contributes differently.

Edible weights and frying fat

Bones, shells and discarded trimmings are excluded using estimated yields. Draining, retained glaze, unused marinade and surplus sharots coating are estimated. These assumptions affect the figures; actual yields can differ.

Sides and optional additions

Measured additions are counted unless the recipe says otherwise. Unlisted bread, extra cheese and optional garnishes change the meal. Check the allergen note and packaged ingredients; a substitute can change both the figures and the allergens.

CLICK TO EXPLORE

Ten chapters. A complete kitchen.

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CHAPTER 01

01 / SMALL PLATES & SAVORY BITES



Cool yogurt, roasted vegetables and little savory breads make welcoming first bites.

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RECIPE 001

Jajik: cucumber and yogurt

Jajik varies from a spoonable accompaniment to a thin chilled soup. This version is deliberately thick, suitable beside grilled meat or warm bread. Plain whole-milk yogurt provides body without cream.

Serves 4 / Prep 15 min / Chill 30 min

114 kcal	5 g	9 g	7 g
CALORIES	PROTEIN	CARBS	FAT

ESTIMATED PER SERVING



Ingredients

Seedless cucumber
350 g / 12.3 oz

Plain whole-milk yogurt
450 g / 15.9 oz

Garlic, peeled
1 small clove (about 2 g / 0.1 oz)

Dried mint
1 tsp / about 0.5 g

Fresh dill, finely chopped
10 g / 0.3 oz

Fine salt
1/2 tsp, then adjust / about 3 g

Olive oil
15 ml / 0.5 US fl oz

Cold water, only if needed
30 ml / 1.0 US fl oz

Equipment: Knife and board; mixing bowl; sieve; whisk.

THE METHOD

Jajik: cucumber and yogurt

01 **Prepare the cucumber**

Wash and dry the cucumber. Peel alternating strips if the skin is tough. Split lengthwise, scrape out watery seeds if present, and cut into small 5 mm / 1/4 in cubes. Very large chunks make the finished dish awkward to spoon.

02 **Remove excess water**

Put the cubes in a sieve and toss with half the salt. Rest 10 minutes over a bowl. Pat dry with a clean towel rather than squeezing the cucumber into a paste. Discard the collected liquid.

03 **Make the yogurt base**

Crush garlic to a fine paste with the remaining salt. Whisk into yogurt with dried mint and half the dill. Taste before adding further garlic: its flavor grows stronger as the mixture stands.

04 **Fold, then chill**

Fold in drained cucumber. Cover and refrigerate 30 minutes. If using very thick yogurt, add cold water one tablespoon at a time until it is spoonable. A dip should hold its shape rather than pour like a drink.

05 **Finish at the table**

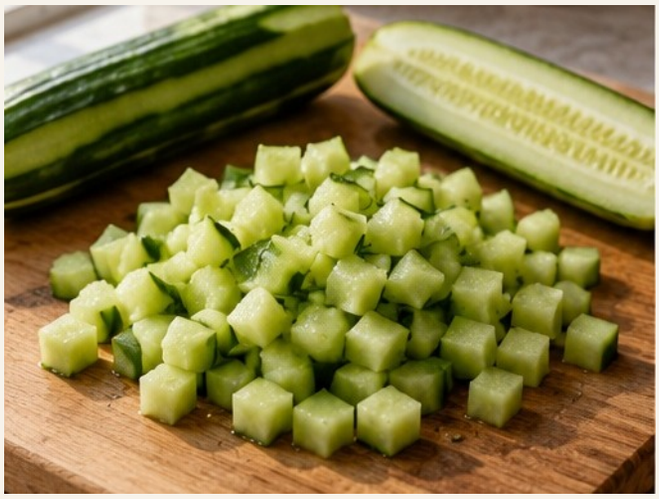
Stir once more and taste for salt. Spoon into a shallow bowl; finish with remaining dill and olive oil. Keep chilled until shortly before serving. Put out small portions and replenish from the refrigerator during a long meal.

COOK'S NOTE

Regular yogurt gives a looser jajik; strained yogurt produces a dip. Use water to adjust texture rather than changing the cucumber amount.

ILLUSTRATED PREPARATION

Jajik: cucumber and yogurt



01 / Dice cucumber into small even cubes.



02 / Drain briefly after salting.



03 / Fold cucumber into mint-scented yogurt.



04 / Serve a thick white yogurt bowl with dill.

Make it your own: Use strained yogurt for a thicker dip; loosen with the listed water. Replace dill with the same weight of parsley.

Storage: Refrigerate in a covered container within 2 hours (1 hour above 32°C / 90°F); use within 3 days.

Allergens: Milk.

CHAPTER 02

02 / SALADS & THE COLD TABLE



Fresh herbs, crisp vegetables, tender grains and chilled mezze bring balance to the table.

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020 Quick refrigerator vegetable toorshi 69

RECIPE 011

Tomato, cucumber and herb salad

A fresh household salad that belongs beside Armenian grilled meats and vegetable dishes. Choose ripe tomatoes and dress at the last moment so the cucumber stays crisp.

Serves 4 / Prep 15 min / Rest 5 min

93 kcal	2 g	10 g	6 g
CALORIES	PROTEIN	CARBS	FAT

ESTIMATED PER SERVING



Ingredients

Ripe tomatoes
450 g / 15.9 oz

Seedless cucumber
300 g / 10.6 oz

Red onion
70 g / 2.5 oz

Parsley and cilantro
25 g combined / 0.9 oz

Olive oil
25 ml / 0.8 US fl oz

Lemon juice
20 ml / 0.7 US fl oz

Fine salt
1/2 tsp / about 3 g

Black pepper
1/4 tsp / about 0.45 g

Equipment: Knife and board; mixing bowl; sieve; whisk.

THE METHOD

Tomato, cucumber and herb salad

01 **Prepare ripe tomatoes**

Wash and core tomatoes. Cut into 2 cm / 3/4 in pieces, keeping the juices. If they are very soft, handle gently and use a serrated knife rather than crushing the flesh.

02 **Cut cucumber and onion**

Trim cucumber and split lengthwise. Remove large watery seeds if necessary. Slice into half-moons. Slice onion as thinly as possible; soak it in cold water 5 minutes and drain well if its raw flavor is particularly sharp.

03 **Dry the fresh herbs**

Rinse parsley and cilantro, shake dry and pat with a towel. Remove tough stems and chop leaves with tender stems coarsely. Fine herb dust tends to cling to the bowl rather than distribute pleasantly through a chunky salad.

04 **Mix the dressing**

Whisk oil, lemon, salt and pepper in a small bowl. Keep the dressing separate if the meal is not ready. Salt pulls juice from cut vegetables, so dressing too early softens the cucumber.

05 **Toss and serve**

Combine tomatoes, cucumber, onion and herbs. Pour over dressing and toss carefully with two spoons. Rest 5 minutes, then taste a tomato piece for seasoning. Serve with a spoon so the delicious juices can be shared as well.

COOK'S NOTE

In peak tomato season, their juice becomes part of the dressing. Use lemon sparingly at first if the tomatoes are already tart.

ILLUSTRATED PREPARATION

Tomato, cucumber and herb salad



01 / Cut ripe tomatoes into bite-size pieces.



02 / Slice cucumber and red onion.



03 / Mix lemon and olive oil dressing.



04 / Serve a bright chunky tomato-cucumber herb salad.

Make it your own: Replace parsley with the same weight of cilantro for a different herb finish.

Storage: Refrigerate in a covered container within 2 hours (1 hour above 32°C / 90°F); use within 3 days.

Allergens: None of the major allergens as written.

CHAPTER 03

03 / SOUPS & BROTHS



Tangy yogurt, gentle broths and vegetables make warming bowls with Armenian character.

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RECIPE 021

Spas

Tangy matsun, tender wheat and a little butter give this soup its comforting character. This version uses an egg-and-flour base: start cold, stir continuously and heat gently to keep the yogurt smooth.

Serves 4 / Prep 15 min / Cook 50-70 min / No soak required

267 kcal	11 g	32 g	12 g
CALORIES	PROTEIN	CARBS	FAT

ESTIMATED PER SERVING



Ingredients

Pearled wheat (dzavar), dry
100 g / 3.5 oz; about 1/2 cup

Plain whole-milk yogurt or matsun
600 g / 1 lb 5 oz; about 2 1/2 cups

Large egg
1 (about 50 g / 1.8 oz without shells)

All-purpose flour
20 g / 0.7 oz; about 2 1/2 tbsp

Water for soup
900 ml / 3 3/4 cups, plus grain water

Unsalted butter
25 g / 0.9 oz; about 1 3/4 tbsp

Onion, finely diced
120 g / 4.2 oz; 1 small

Dried mint
1 tsp / about 0.5 g

Cilantro, finely chopped
15 g / 0.5 oz

Fine salt
4 g / about 2/3 tsp, then adjust

Equipment: Small grain pot; 3 L / 3 qt heavy saucepan; whisk; thermometer; sieve.

THE METHOD

Spas

01 Cook the wheat separately

Rinse the pearled wheat. Put in a pot with 750 ml / 3 cups water. Bring to a boil, then simmer 30-45 minutes until plump and tender, checking the packet because pearling varies. Add hot water if necessary. Drain. Unpearled wheat berries can need much longer; do not substitute them without allowing extra time.

02 Soften the onion

While the wheat cooks, melt butter in a small skillet. Add onion and cook over medium-low heat for 8-10 minutes, stirring, until translucent and sweet. Avoid browning, which changes the pale color of the soup. Set aside.

03 Make a cold base

With the soup saucepan off the heat, whisk the egg with flour until no dry pockets remain. Add yogurt in three batches, whisking smooth each time. Gradually whisk in the 900 ml / 3 3/4 cups water. Use plain unsweetened regular yogurt; thick Greek-style yogurt needs additional water.

04 Heat with constant stirring

Set the saucepan over medium-low heat. Stir continuously with a whisk, sweeping the base and corners so the egg does not catch. The mixture will become hot and lightly thickened in about 12-18 minutes. Reduce the heat as steam increases; do not let it rise into a rolling boil.

05 Add wheat and aromatics

Fold in drained wheat, softened onion and all the butter from the skillet. Stir in mint and salt. Continue stirring gently for 5-8 minutes. Check with a thermometer that the soup reaches at least 74°C / 165°F; then take it off the heat before it boils vigorously.

06 Adjust and finish

Stir in cilantro. If the soup is thicker than you prefer, add hot water 30 ml / 2 tbsp at a time. Taste for salt. Rest for 5 minutes, then ladle into warm bowls, distributing the wheat evenly. The texture thickens further as it stands; stir before each serving.

COOK'S NOTE

Lumps often begin at the bottom of a thin pan. Use a heavy saucepan and keep the whisk moving. If the mixture starts to separate, remove from heat and whisk; a severely split soup cannot always be made perfectly smooth again.

ILLUSTRATED PREPARATION

Spas



01 / Cook wheat until tender, then drain.



02 / Whisk the yogurt base off the heat.



03 / Stir gently; avoid a rolling boil.



04 / Finish with mint and fresh cilantro.

Make it your own: Use regular unsweetened whole-milk yogurt in place of matsun. Pearled barley can replace dzavar; follow its packet cooking time.

Storage: Cool promptly in shallow containers and refrigerate within 2 hours; use within 3 days. Reheat slowly, stirring, to 74°C / 165°F. Add water as needed.

Allergens: Milk, Wheat, Egg.

CHAPTER 04

04 / BREAD & SAVORY PASTRIES



Knead, roll, fill and share lavash, ridged bread and delicate savory pastries.

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RECIPE 031

Home-griddle lavash

Traditional lavash is associated with the tonir. This practical home version uses a wide dry griddle; covering each cooked bread briefly keeps it flexible enough to wrap around food.

Serves 12 / Makes 12 flatbreads / Prep 35 min / Rest 30 min / Cook 25 min

155 kcal	4 g	32 g	0 g
CALORIES	PROTEIN	CARBS	FAT

ESTIMATED PER SERVING



Ingredients

All-purpose flour
500 g / 17.6 oz

Water, room temperature
300 ml / 10.1 US fl oz

Fine salt
8 g / about 1 1/3 tsp

Extra flour for rolling
Up to 40 g / 1.4 oz

Equipment: Rolling pin and wide heavy griddle.

THE METHOD

Home-griddle lavash

01 Mix and knead

Dissolve salt in water and add to flour. Mix into a shaggy dough, then knead 7-10 minutes until smooth and supple. Add water a teaspoon at a time only if flour remains dry. The dough should be firm enough to roll, not sticky like batter.

02 Rest the dough

Cover and rest 30 minutes so the flour hydrates and the dough relaxes. Divide into 12 equal balls, about 67 g each. Keep every ball covered while working; dried skins crack during rolling.

03 Roll very thinly

Dust the surface lightly and roll one ball into a 28-30 cm / 11-12 in round, or a shape that fits your griddle. Aim for about 1 mm / 1/32 in thickness. If it springs back, rest 5 minutes instead of forcing it.

04 Heat a dry griddle

Preheat a wide heavy griddle over medium-high heat for several minutes. Lay on the dough without adding oil. Cook 35-60 seconds until bubbles and brown spots form, then flip and cook 20-40 seconds more. Lower heat if it burns before the floury surface disappears.

05 Keep the breads flexible

Stack cooked lavash under a clean towel. If the breads are becoming crisp, lightly mist the towel with water rather than soaking the bread. Roll and cook the remaining balls, adjusting the heat as the pan warms.

06 Cool before storing

Serve warm, or let the stack cool completely under the towel before wrapping airtight. Condensation inside a sealed warm bag encourages spoilage. Thin lavash dries quickly when left uncovered, so only uncover what you need.

COOK'S NOTE

A small skillet requires smaller dough portions. Do not fold raw dough to force it into the pan; the folded areas will stay thick.

ILLUSTRATED PREPARATION

Home-griddle lavash



01 / Knead a smooth unyeasted dough.



02 / Roll a dough ball into a very thin round.



03 / Cook briefly on a wide dry griddle.



04 / Stack flexible thin lavash under a clean towel.

Make it your own: Use bread flour instead of all-purpose flour; add water a teaspoon at a time if needed, and allow extra resting if the dough resists rolling.

Storage: Cool completely and keep airtight at cool room temperature up to 2 days, or freeze up to 2 months.

Allergens: Wheat.

CHAPTER 05

05 / TOLMA, MANTI & KUFTA



Rolled leaves, filled vegetables, little manti and tender kufta reward measured portions and gentle cooking.

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050 Baked boat-shaped manti 162

RECIPE 041

Manti in yogurt broth

This home interpretation combines Armenian-style miniature manti with a creamy yogurt broth. The dumplings are closed and boiled, distinct from the open boat-shaped baked manti in the pastry chapter.

Serves 6 / Prep and shape 60-75 min / Rest dough 30 min / Cook 25-35 min

319 kcal	18 g	33 g	12 g
CALORIES	PROTEIN	CARBS	FAT

ESTIMATED PER SERVING



Ingredients

All-purpose flour, dough
200 g / 7.0 oz

Large egg, dough
1 (about 50 g / 1.8 oz without shells)

Water, dough
80 ml / 2.7 US fl oz

Fine salt, dough
1/2 tsp / about 3 g

Ground beef, filling
220 g / 7.8 oz

Onion, grated and squeezed
60 g / 2.1 oz

Fine salt for filling
1/2 tsp / about 3 g

Black pepper
1/4 tsp / about 0.45 g

Plain whole-milk yogurt
400 g / 14.1 oz

Large egg, broth
1 (about 50 g / 1.8 oz without shells)

All-purpose flour, broth
15 g / 0.5 oz

Low-salt chicken broth or water
1.2 L / 5 cups

Butter
20 g / 0.7 oz

Dried mint
1 tsp / about 0.5 g

Fine salt, broth
1/2 tsp, then adjust / about 3 g

Extra flour for rolling and tray dusting
Up to 20 g / 0.7 oz

Equipment: Rolling pin, pastry cutter, boiling pot, soup pot and slotted spoon.

THE METHOD

Manti in yogurt broth

01 Mix and rest dough

Combine dough flour and salt, then stir in the egg and water. Knead 6-8 minutes into a firm smooth dough. Cover and rest 30 minutes. Add only a teaspoon of water at a time if the dough will not come together.

02 Prepare chilled filling

Mix beef, squeezed onion and filling seasonings. Keep refrigerated while rolling. Roll half the dough to about 2 mm / 1/16 in thick and cut into 4 cm / 1 1/2 in squares, keeping the other half covered.

03 Shape small dumplings

Put a scant 3/4 teaspoon filling (about 3 g / 0.1 oz) in each square. Fold diagonally and pinch every edge closed, pushing out excess air. Keep finished manti on a lightly floured tray; aim for about 80-90 small dumplings, depending on rolling thickness. Re-roll scraps once.

04 Make the yogurt broth

Off heat, whisk broth egg with broth flour, then yogurt and gradually the measured broth. Heat over medium-low, stirring continuously, until steaming and at least 74°C / 165°F, about 12-18 minutes. Avoid a rolling boil. Keep warm on the lowest heat.

05 Boil manti separately

Bring a wide pot of water to a gentle boil. Cook manti in two batches for 8-10 minutes, stirring carefully at the start. Test one: dough should be cooked and beef must reach 71°C / 160°F. Lift out with a slotted spoon.

06 Assemble the soup

Melt butter in a small pan and stir in mint for 20 seconds. Stir into the broth and adjust salt. Divide cooked dumplings among bowls and ladle hot yogurt broth over them. Serve immediately rather than letting all the dumplings swell in the soup pot.

COOK'S NOTE

Seal firmly without trapping flour on the edges. If a dumpling opens in the water, check the remaining seals before cooking the next batch.

ILLUSTRATED PREPARATION

Manti in yogurt broth



01 / Roll thin dough and portion the meat filling.



02 / Seal small triangular manti completely.



03 / Boil dumplings separately from the yogurt broth.



04 / Serve pale yogurt soup with small cooked dumplings.

Make it your own: Use lean ground lamb in place of beef for a different manti filling. Keep the same square size and check the center reaches 71°C / 160°F.

Storage: Keep dumplings and broth separately refrigerated up to 3 days; reheat both to 74°C / 165°F.

Allergens: Milk, Wheat, Egg. Check packaged ingredient labels.

CHAPTER 06

06 / STOVETOP & SLOW COOKING



Patient simmering and attentive skillet cooking bring meat, grains and vegetables together.

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RECIPE 051

Ishli kufta: bulgur shells with meat

Ishli kufta is related to stuffed kibbeh traditions enjoyed in Armenian diaspora homes. Fine bulgur and lean meat make a pliable shell; this home version is gently poached instead of deep-fried.

Makes 12 / Serves 6 / Prep and shape 75 min / Soak 20 min / Poach 18-22 min per batch

368 kcal	21 g	31 g	18 g
CALORIES	PROTEIN	CARBS	FAT

ESTIMATED PER SERVING



Ingredients

Fine bulgur, shell
180 g / 6.3 oz

Hot water, shell
220 ml / 7.4 US fl oz

Lean ground beef, shell
180 g / 6.3 oz

Fine semolina, shell
40 g / 1.4 oz

Fine salt, shell
3/4 tsp / about 4.5 g

Ground beef, filling
300 g / 10.6 oz

Onion, finely diced
150 g / 5.3 oz

Sunflower oil, filling
20 ml / 0.7 US fl oz

Walnuts, finely chopped
40 g / 1.4 oz

Ground allspice
1/4 tsp / about 0.6 g

Black pepper
1/4 tsp / about 0.45 g

Fine salt, filling
1/2 tsp / about 3 g

Equipment: Skillet, mixing bowl, wide poaching pot, slotted spoon and thermometer.

THE METHOD

Ishli kufta: bulgur shells with meat

01 **Cook and cool filling**

Cook filling onion in oil 8 minutes. Add filling beef and break into tiny pieces. Cook until at least 71°C / 160°F and the pan is almost dry. Stir in nuts, spices and filling salt. Spread in a shallow bowl and cool completely before shaping.

02 **Hydrate fine bulgur**

Pour measured hot water over shell bulgur, cover and rest 20 minutes. Cool to lukewarm. Add shell beef, semolina and shell salt. Knead firmly 10-12 minutes until the mixture becomes cohesive and can be pressed thin without crumbling.

03 **Test the shell**

With damp hands, flatten a small piece. If it cracks badly, knead longer and add cold water a teaspoon at a time. Keep raw meat mixture chilled when pausing. Divide shell and filling into 12 portions each.

04 **Make stuffed ovals**

Cup a shell portion in a damp palm. Press a hollow with the thumb, thinning walls to roughly 5 mm / 3/16 in. Add one filling portion, bring edges together and pinch firmly closed. Smooth into an oval, eliminating visible cracks. Do not overfill.

05 **Poach a test piece**

Bring a wide pot of water to a very gentle simmer. Lower one kufta and cook 18-22 minutes, checking shell meat reaches 71°C / 160°F. If it breaks, repair cracks in remaining pieces and keep the water below a rolling boil.

06 **Cook and serve**

Poach remaining kufta in uncrowded batches. Lift carefully with a slotted spoon, drain and rest 3 minutes. Cut one to show the thin cooked shell and crumbly filling. Keep raw and cooked trays separate.

COOK'S NOTE

Coarse bulgur cannot form a smooth shell. Use the finest grade and invest time in kneading rather than covering cracks with dry flour.

ILLUSTRATED PREPARATION

Ishli kufta: bulgur shells with meat



01 / Cook finely crumbled beef, onion and walnut filling.



02 / Knead fine bulgur and lean beef into a shell mixture.



03 / Hollow, fill and seal oval kufta.



04 / Serve poached stuffed kufta with one cut open.

Make it your own: Use finely minced lamb for the filling if desired. Keep the lean beef shell and cold shaping method.

Storage: Refrigerate promptly up to 3 days; reheat to 74°C / 165°F.

Allergens: Wheat, Walnuts.

CHAPTER 07

07 / FISH, VEGETABLES & THE OVEN



Fish, pumpkin, vegetables and generous oven dishes reward careful timing and good cookware.

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RECIPE 061

Pan-fried trout with lemon

Trout is a familiar fish in Armenian cooking. This quick household pan method uses a very light flour coating and careful heat control; check every fillet for pin bones before cooking.

Serves 4 / Prep 15 min / Cook 8-12 min

336 kcal	33 g	5 g	20 g
CALORIES	PROTEIN	CARBS	FAT

ESTIMATED PER SERVING



Ingredients

Trout fillets, pin bones removed
650 g / 22.9 oz

All-purpose flour
35 g / 1.2 oz

Butter
25 g / 0.9 oz

Sunflower oil
20 ml / 0.7 US fl oz

Lemon juice
20 ml / 0.7 US fl oz

Parsley
15 g / 0.5 oz

Fine salt
3/4 tsp / about 4.5 g

Black pepper
1/4 tsp / about 0.45 g

Equipment: Wide skillet, fish spatula and thermometer.

THE METHOD

Pan-fried trout with lemon

01 **Inspect and dry fish**

Run fingers gently over each fillet and remove pin bones with clean tweezers. Pat surfaces completely dry. Keep skin on for easier handling if desired, checking that scales have been removed.

02 **Coat lightly**

Mix flour, salt and pepper on a plate. Dredge fish lightly just before cooking and shake off excess. A heavy coating becomes pasty; the fish should still be visible beneath it.

03 **Heat the pan**

Warm oil and half the butter in a wide skillet over medium heat. When the butter foams, add fish skin-side down, leaving space. Press gently with a spatula for the first 20 seconds if the skin curls.

04 **Cook and check**

Cook 4-5 minutes on the first side, then turn carefully and cook 2-4 minutes more, depending on thickness. The thickest center must reach 63°C / 145°F. Lower heat if the coating browns before the center cooks.

05 **Finish briefly**

Take pan off heat and add remaining butter, lemon and parsley. Spoon pan juices over the fish and serve on a clean warm plate. Inspect cooked portions for any missed bones before eating.

COOK'S NOTE

Thin tails finish earlier than thick centers; move them to the cooler part of the pan instead of overcooking the whole fillet.

ILLUSTRATED PREPARATION

Pan-fried trout with lemon



01 / Check trout fillets for pin bones.



02 / Dust lightly with seasoned flour.



03 / Pan-fry skin-side down, then turn carefully.



04 / Serve golden trout fillets with lemon-parsley butter.

Make it your own: Use similar-thickness salmon fillets, checking their thickest center reaches 63°C / 145°F.

Storage: Refrigerate promptly up to 2 days; reheat to 74°C / 165°F.

Allergens: Milk, Wheat, Fish.

CHAPTER 08

08 / FIRE & GRILL



Cook over settled heat, turn with care and use temperature and tenderness to guide the fire.

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RECIPE 071

Pork khorovats

A generous outdoor meal built around juicy pork and a clean charcoal flavor. Onion seasons the meat during its rest; remove it before grilling so it does not scorch. This home version uses boneless pork neck or well-marbled shoulder.

Serves 4 / Prep 25 min / Chill 4-12 h / Grill 15-20 min

506 kcal	35 g	1 g	39 g
CALORIES	PROTEIN	CARBS	FAT

ESTIMATED PER SERVING



Ingredients

Pork neck or boneless shoulder
800 g / 1 lb 12 oz

Yellow onions, thinly sliced
300 g / 10.6 oz; about 2 medium

Fine salt
8 g / about 1 1/3 tsp

Freshly ground black pepper
2 g / about 1 tsp

Sunflower oil
15 ml / 1 tbsp

Fresh parsley, to finish
10 g / 0.3 oz

Equipment: Charcoal or gas grill; 6-8 flat metal skewers; tongs; instant-read thermometer.

THE METHOD

Pork khorovats

01 **Choose and cut**

Trim thick outer fat and tough connective tissue, leaving the fine marbling. Cut across the grain into cubes about 2.5 cm / 1 in wide. Keep the pieces similar in size so they finish together; very lean loin dries out more easily.

02 **Season and refrigerate**

Massage the sliced onions with salt until they release juice. Toss with pork, pepper and oil in a nonreactive covered container. Refrigerate at 4°C / 40°F or colder for 4-12 hours. Do not marinate on the counter.

03 **Build two heat zones**

For charcoal, light the coals outdoors and wait until flames subside and the coals glow under a light ash coating. Bank them to one side, leaving a cooler area. For gas, preheat two burners to medium-high and leave another burner low or off.

04 **Thread the skewers**

Lift the pork from the onions and discard the onions and marinade. Thread meat onto metal skewers, leaving a little space between pieces. Do not pack the meat tightly or alternate it with large onion chunks. Keep a clean platter ready for cooked meat.

05 **Grill and turn**

Place skewers above the hot zone. Turn every 2-3 minutes for even browning; allow about 15-20 minutes in total. If dripping fat causes flames, move the skewers to the cooler zone until the flames settle. Do not judge doneness by color alone.

06 **Check the center**

Insert a thermometer sideways into the thickest cube without touching the metal. All pieces must reach at least 63°C / 145°F, followed by a 3-minute rest. If a piece is below this temperature, return that skewer to the grill and check again.

07 **Rest and serve**

Transfer to the clean platter and rest for at least 3 minutes. Slide off the skewers carefully; the metal remains very hot. Add parsley and serve promptly, with lavash if desired. Larger or less evenly cut pieces can take longer than the stated time.

COOK'S NOTE

Tenderness starts with the cut: choose pork neck or marbled shoulder with minimal sinew. A hard crust and a cool center mean the fire is too intense; finish over the cooler zone.

ILLUSTRATED PREPARATION

Pork khorovats



01 / Cut evenly and season with onion.



02 / Remove onion; leave space on skewers.



03 / Turn over embers, moving away from flare-ups.



04 / Check temperature, then rest before serving.

Make it your own: Choose boneless marbled pork shoulder if pork neck is unavailable. Lean loin cooks differently and can dry out.

Storage: Refrigerate leftovers within 2 hours in a shallow covered container; use within 3 days. Reheat to 74°C / 165°F.

Allergens: None of the major allergens as written.

CHAPTER 09

09 / GRAINS & EVERYDAY BAKING



Tender grains, legumes, buttery noodles and a little sweet baking offer everyday comfort.

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RECIPE 081

Rice pilaf with vermicelli

Rice pilaf with browned noodles is a familiar Armenian diaspora side. Toast the noodles evenly and keep the lid closed during the absorption stage; a final covered rest finishes the grain.

Serves 6 / Prep 15 min / Cook 20 min / Rest 10 min

238 kcal	5 g	40 g	6 g
CALORIES	PROTEIN	CARBS	FAT

ESTIMATED PER SERVING



Ingredients

Long-grain rice, dry
250 g / 8.8 oz

Fine vermicelli, broken short
50 g / 1.8 oz

Butter
40 g / 1.4 oz

Low-salt chicken or vegetable broth
600 ml / 20.3 US fl oz

Fine salt
3/4 tsp, then adjust / about 4.5 g

Black pepper
1/4 tsp / about 0.45 g

Equipment: Heavy saucepan with tight lid.

THE METHOD

Rice pilaf with vermicelli

01 **Rinse and drain rice**

Rinse rice in a sieve under cool water until runoff is mostly clear. Drain 10 minutes so excess rinse water does not upset the measured broth ratio. Break vermicelli into short 2 cm / 3/4 in pieces.

02 **Toast the noodles**

Melt butter in a heavy saucepan over medium-low heat. Add vermicelli and stir constantly for 3-5 minutes until evenly golden. Remove from heat momentarily if some pieces darken ahead of the rest; blackened noodles taste bitter.

03 **Coat the rice**

Add drained rice and stir 1 minute to coat the grains. Pour in measured broth, salt and pepper. Bring to a boil, stirring once to loosen any rice on the base.

04 **Cook with the lid closed**

Reduce to the lowest steady heat and cover tightly. Cook 18-20 minutes without repeatedly lifting the lid. At the end, check the rice is tender and liquid absorbed. If grain is firm and dry, add 30 ml / 2 tbsp hot water and cook 5 minutes more.

05 **Rest and fluff**

Take off heat and leave covered 10 minutes. Fluff with a fork, lifting rather than beating. Serve promptly, or cool cooked rice quickly in a shallow container; do not leave a large warm pot on the counter for hours.

COOK'S NOTE

The packet may recommend a different water ratio for your rice variety; use that as a reference and allow for the extra noodles.

ILLUSTRATED PREPARATION

Rice pilaf with vermicelli



01 / Rinse rice and break vermicelli short.



02 / Toast noodles in butter until golden.



03 / Cook rice and noodles under a tight lid.



04 / Serve fluffy white rice with golden vermicelli.

Make it your own: Use broken thin spaghetti for the vermicelli. Toast it evenly and follow the rice variety water ratio.

Storage: Cool promptly in shallow portions, ideally within 1 hour. Refrigerate at 4°C / 40°F or below; use within 24 hours. Reheat only once to 74°C / 165°F throughout. Keep cold sauces separately chilled.

Allergens: Milk, Wheat. Check packaged ingredient labels.

CHAPTER 10

10 / SWEET BREADS & DESSERTS



Fragrant bread, delicate cookies, walnuts, grape juice and fruit finish the Armenian table.

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RECIPE 091

Choreg: sweet braided bread

Choreg is a festive Armenian sweet bread with many household shapes and formulas. Mahlab, ground cherry kernels sold as a baking spice, lends its familiar aroma; use freshly ground food-grade spice.

Makes 2 loaves / Serves 20 (1 slice) / Prep 40 min / Rise 2 h 15 min-3 h / Bake 30-40 min / Cool 45 min

167 kcal	4 g	24 g	6 g
CALORIES	PROTEIN	CARBS	FAT

ESTIMATED PER SERVING



Ingredients

Bread flour
500 g / 17.6 oz

Whole milk, lukewarm
180 ml / 6.1 US fl oz

Eggs, dough
2 large (about 100 g / 3.5 oz without shells)

Unsalted butter, softened
100 g / 3.5 oz

Sugar
100 g / 3.5 oz

Instant yeast
7 g / about 2 1/4 tsp

Fine salt
1 tsp / about 6 g

Ground mahlab
1 tsp / about 2.3 g

Egg, glaze
1 large (about 50 g / 1.8 oz without shells)

Sesame seeds
20 g / 0.7 oz

Equipment: Knife and board; mixing bowl; baking tray or dish.

THE METHOD

Choreg: sweet braided bread

01 **Start the enriched dough**

Mix flour, sugar, yeast, salt and mahlab. Add milk and two eggs; mix until no dry flour remains. Knead 5 minutes, then add softened butter in small pieces. Continue kneading 8-12 minutes until smooth, elastic and slightly tacky.

02 **Let it rise**

Place in a lightly covered bowl and leave in a warm, draft-free place 90-120 minutes, until almost doubled. Rich dough rises more slowly than plain bread. Judge the increase in volume rather than forcing the dough on a very hot surface.

03 **Braid two loaves**

Press out large bubbles and divide into six equal pieces. Roll into ropes about 30 cm / 12 in long. Braid three ropes into each loaf, pinching and tucking the ends underneath. Transfer to a parchment-lined tray, leaving ample space.

04 **Proof and glaze**

Cover loosely and proof 45-60 minutes, until puffy and an indentation returns slowly. Heat the oven to 180°C / 350°F. Brush with the remaining beaten egg and scatter sesame over the surface; avoid compressing the risen braids.

05 **Bake and cool**

Bake 30-40 minutes until deeply golden and the center reaches about 93°C / 200°F. Tent loosely with foil if the crust darkens early. Cool on a rack at least 45 minutes before slicing so the soft crumb can set.

COOK'S NOTE

If mahlab is unavailable, omit it rather than grinding ordinary cherry pits, which are unsuitable for home preparation.

ILLUSTRATED PREPARATION

Choreg: sweet braided bread



01 / Knead butter into a sweet enriched dough.



02 / Divide risen dough into six equal ropes.



03 / Braid and glaze two loaves with sesame.



04 / Slice a golden choreg braid to show soft crumb.

Make it your own: If food-grade mahlab is unavailable, omit it or use 1 tsp / 5 ml vanilla for a different aroma.

Storage: Wrap cooled bread and keep at room temperature up to 2 days. Freeze sliced up to 2 months.

Allergens: Milk, Wheat, Egg, Sesame.

Sample recipe finder

Ten complete recipes, one from every chapter. Click a title to open it.

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Until the next table



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