

CULTURALLY RELEVANT HEALTHY MEALS: ARMENIAN

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“NO MATTER WHAT CULTURE YOU COME FROM, IT’S LIKELY THAT YOU HAVE PARTICULAR FOODS THAT ARE PART OF YOUR HERITAGE. THIS IS WHERE MINDFUL EATING CAN BE HELPFUL. YOU CAN STILL EAT FOODS IMPORTANT TO YOUR CULTURE BUT IN A NEW WAY.... SUBSTITUTING PORKS FOR TURKEYS, EATING MINDFUL PORTIONS AND BALANCING IT IN YOUR LIFE.”

AMERICAN HEART ASSOCIATION

Typical ingredients of Armenian cuisine

- Fruits
 - Apricots, peaches, cherries, apples, grapes, figs, pomegranates, pears, quince, plums, oranges, lemons
- Vegetables
 - Tomatoes, melons, peppers, cucumbers, cabbage, onions, potatoes, carrots, peas, eggplants, beans, walnuts, almonds, hazelnuts
- Herbs and spices
 - Cinnamon, cardamom, rosemary, clove, cumin, garlic, thyme, nutmeg, parsley, sage, wild salad herbs (also called greens), including water cress, spinach

Harissa



Ingredients

- 0,07 kg wheat grits
- 0,2 kg chicken breast
- 0,002 kg butter (optional)

Instructions

1. Pour 600 g water into a big pan, add the wheat grits and chicken meat.
2. Simmer over a very low heat until very soft.
3. That will take 6 hours until chicken meat and wheat grits smooth.
4. And the dish is ready.
5. You can substitute the butter

yogurt soup “spas”



Ingredients

- 2/3 cup hulled wheat or pearl barley
- 2/3 cups matsohn
- 1 cup sour cream
- 1 egg
- 2 tbsp. flour
- 1/2 cups water
- 2 tsp. dried or fresh mint (chopped)
- 1 tbsp. fresh chopped parsley/cilantro

Instructions:

Boil the wheat in hot water for 20-30 minutes until it gets soft.

1. Blend matsohn, sour cream, water, egg and flour in a large pot until it gets thoroughly smooth.
2. Pour the hot water and stir constantly until it boils and add other ingredients.
3. After this all you have to do is just to enjoy it!

Tolmas



Ingredients:

- 1 kg of minced meat (lean, turkey)
- 3 onions
- 1 cup of rice (round)
- tomato sauce (1 table spoon)
- pepper (black and red)
- 1 kg of grape leaves
- Other ingredients (parsley leaves, coriander, etc if you prefer adding them)

Instructions:

1. Knead the minced meat by adding half a cup of warm water, minced onions, rice, tomatoes, and pepper
2. After mixed them well, let the mass take a rest for a while (3-5 minutes)
3. Then, put one spoon of the mixed stuffing on each opened grape leaf and roll it up
4. Bring a saucepan or frying pan and put opened grape leaves on its bottom
5. place dolmas on the leaves and add water until it covers them
6. put the pan on a fire and turn the fire down
7. In 30-60 minutes, depending on the fire, dolma is ready

stuffed eggplant



Ingredients:

- 1 egg plant (long thin eggplants work best with this recipe)
- 1 small clove garlic (minced)
- 2/3 cup ground pecans (or walnuts)
- 1/4 cup greek yogurt (or sour cream)
- scant 1/4 cup cilantro
- 1 teaspoon lemon juice
- seeds of 1/2 pomegranate
- olive oil

1. slice into long strips. Sprinkle both sides of each strip with salt and allow to rest for about 15 minutes. Blot with a paper towel to remove excess water.
2. Heat olive oil in a pan and fry eggplant slices on both sides until golden brown.
3. Mix together pecans, minced garlic, pomegranate seeds, coriander, sour cream, lemon juice, and salt.
4. Put one heaping tablespoon of the pecan filling on the end of the eggplant strip and roll.
5. Garnish with pomegranate seeds and chopped cilantro.