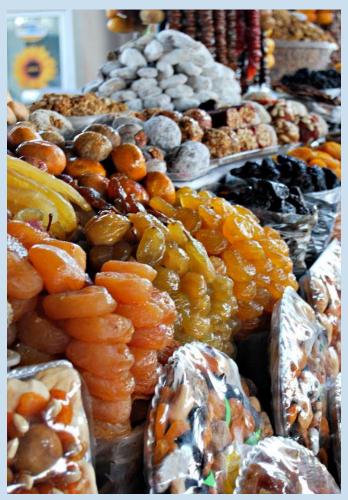
# CULTURALLY RELEVANT HEALTHY MEALS: ARMENIAN

CNSA CULTURAL AWARENESS COMMITTEE
DIRECTOR LUANA LIBERMAN





"NO MATTER WHAT CULTURE
YOU COME FROM, IT'S LIKELY
THAT YOU HAVE PARTICULAR
FOODS THAT ARE PART OF YOUR
HERITAGETHIS; 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 matsoon
- 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 matsoon, 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 a
- 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 leave 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 wanter 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)
- <sup>2</sup>/<sub>3</sub> cup ground pecans (or walnuts)
- <sup>1</sup>/<sub>4</sub> cup greek yogurt (or sour cream)
- scant ½ cup cilantro
- 1 teaspoon lemon juice
- seeds of ½ 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.