

# Dovgha

## Method

1. Prepare The herbs and cabbage by chopping them finely
2. Pour 1 cup of yoghurt into a bowl, add the egg and mix. Then add the rice and flour and stir until it is all combined.
3. Pour the rest of the yoghurt into a large saucepan. Add the flour mixture and water and stir.
4. Place the pan over a medium heat until it boils, stirring the contents of the saucepan consistently.
5. When the mixture is boiling, add the chopped herbs, chickpeas and cabbage. Simmer on a low heat for 10-15 minutes until the rice is soft. Continue to stir every so often.
6. Add salt just before serving, at either warm or room temperature.

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## Ingredients

- 3 bunches of different herbs  
(e.g. mint, coriander, spinach, parsley)
- Half a small white cabbage
- 1 egg
- 2 spoons of flour
- 50g short grain rice  
(sushi rice/pudding rice can also be used)
- 100g cooked chickpeas
- 1.5 litres thick plain/natural yoghurt
- 0.5 litres of water

# Mutaki

## Method

1. Crumble the butter into the flour. Then Stir in the egg yolks and sour cream. Mix everything very well until it is smooth dough.
2. Separate the pastry into 5 roughly equal balls, covering each with cling film and leave to rest in the fridge, for at least an hour.
3. Crumble the skinned nuts into a powder and mix with the sugar, adding the powdered cardamom and preheat the oven to 200C.
4. Roll out each pastry ball into a circle of around 15-20 cm in width/length. Cut the circle diagonally into eight triangular pieces.
5. Spread a layer of nuts and sugar on the triangles. Roll the triangle into a cigar shape, start from the larger end.
6. Place on a baking tray, cook in a oven until they start to brown.
7. Sprinkle with icing sugar to finish.

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## Ingredients

1Kg wheat flour  
500g soft butter  
5 egg yolks  
250g soured cream  
300g peeled almonds, hazelnuts or walnuts  
300g granulated sugar  
1 tbsp powdered cardamom

# Nar Salati

## Method

1. Place pomegranate seeds in a bowl to start, combine potatoes, onions, and fresh herbs.
2. Mix around in bowl.
3. Add mayonnaise and mix thoroughly.
4. Season with salt and pepper to taste.
5. Mix again so pepper is evenly distributed.
6. Chill in refrigerator for at least 20 minutes before serving.

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## Ingredients

- 1 cup pomegranate seeds
- 4 medium potatoes, boiled and peeled, cut into small cubes
- 1 small red onion, finely sliced
- ½ cup chopped fresh dill
- 3 tablespoons mayonnaise

# Goyarti Gutabi

## Method - Bread

1. Place the flour and sugar in a bowl and make a well in the centre.
2. In a separate bowl add eggs, milk and oil, then using a fork beat until it is all combined. Then add the egg mixture to flour the mixture and stir to combine.
3. Next knead mixture until dough is formed, then cover it with tea towel and allow an hour for it to rest.

## Method - Filling

1. To make the filling whilst the dough is kept aside heat 1½ tbsp oil in a frying pan over medium heat. Then add onion to the pan, fry it until it is soft and translucent.
2. Add the garlic and cook for 2 minutes. Then, add the spinach and cook for until it has wilted, and liquid has evaporated.
3. Remove the pan from heat and stir in herbs. Set aside to cool completely, then stir in the cottage cheese and season with salt and pepper.
4. After the hour period is finished divide the dough the into 4 equal pieces and roll out each piece between 2 pieces of baking paper to a thin 20 cm round.
5. Place 2 tbsp filling in the centre of each round. Fold over into a semi-circle so that the edges meet.
6. Heat 2 tsp oil in a frying pan over medium heat. Cook each one for 3-4 minutes on each side or until it is golden brown.

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## Ingredients - Bread

275 g plain flour  
1 tsp caster sugar  
2 eggs, lightly beaten  
80 ml milk  
1 tbsp olive oil

## Ingredients - Filling

olive oil, plus 2 tbsp extra  
1 onion finely chopped  
2 garlic cloves finely chopped  
½ bunch spinach, chopped  
½ bunch dill, chopped  
1 tbsp tarragon leaves chopped  
½ bunch parsley, chopped  
2 tbsp cottage cheese