COOKBOOK · 97 RECIPES FROM 19 COUNTRIES

Africa and the Middle East Kitchen

Spice routes and family tables



KHOROVATS



JOLLOF RICE



FAT CAKES



PAP

World Stroll

Learn the whole world, one short stroll a day

Large print edition

worldstroll.com

INSIDE THIS BOOK

Contents

Every recipe here is written for an ordinary home kitchen, in large print, with the story of the dish. Measures are as cooks in each country use them; taste as you go.

Tick the ingredients as you shop: every list has boxes.

Armenia	5 recipes
Azerbaijan	5 recipes
Botswana	4 recipes
Ethiopia	5 recipes
Georgia	5 recipes
Ghana	5 recipes
Jordan	4 recipes
Kenya	7 recipes
Madagascar	5 recipes
Namibia	4 recipes
Nigeria	6 recipes
Oman	6 recipes
Saudi Arabia	5 recipes
Senegal	5 recipes
South Africa	5 recipes
Tanzania	5 recipes
Uganda	5 recipes
United Arab Emirates	6 recipes
Zimbabwe	5 recipes



WESTERN ASIA

Armenia

Armenian food is built on wheat, lamb and pork, fresh herbs, yogurt and fruit. Bread, above all the thin lavash, is on every table. A festive meal starts with a spread of cold dishes: cheeses, cured basturma and sujukh sausage, pickles, salads such as eetch, and a big plate of fresh herbs like tarragon, basil, coriander and green onions. Then come hot dishes such as tolma, and at the centre of any celebration the grilled meat called khorovats, served with grilled vegetables and lavash. The meal ends with fruit, sweets such as gata and strong Armenian coffee, while toasts are raised with wine, fruit vodka or brandy.



Photo: Violettarmenia, CC BY-SA 3.0

ARMENIA · MAIN

Khorovats

խորոված

SERVES 4 1 H THE WHOLE COUNTRY

Armenian barbecue: chunks of pork, lamb, beef or chicken, often still on the bone, grilled on long flat skewers over glowing embers. Aubergines, peppers and tomatoes are grilled beside the meat, then peeled and chopped into a smoky salad. Khorovats is the dish for weekends, family feasts and summer picnics, wrapped in lavash with raw onion and herbs.

You need

- [ ] 1 kg boneless pork neck or shoulder, cut into 4 to 5 cm pieces
- [ ] 3 onions, 2 sliced into rings and 1 thinly sliced for serving
- [ ] 1 teaspoon salt and 1 teaspoon black pepper
- [ ] 1 teaspoon ground coriander or dried basil
- [ ] 4 small aubergines, 4 peppers and 4 tomatoes
- [ ] Lavash and a bunch of fresh herbs (coriander, basil, tarragon) to serve

Method

1. Mix the meat with the onion rings, salt, pepper and coriander, cover and leave in the fridge for at least 2 hours or overnight.
2. Light a charcoal or wood grill and wait until the flames die down and the coals are glowing.
3. Thread the meat onto flat skewers without the onion, and grill for 15 to 20 minutes, turning often, until browned outside and cooked through.
4. Grill the whole aubergines, peppers and tomatoes at the same time until soft and charred, then peel them, chop them and season with salt and a little of the raw onion.
5. Serve the meat on lavash with the sliced onion, the vegetable salad and plenty of fresh herbs.

Did you know? The word khorovats simply means 'grilled'. Since 2009 a khorovats festival has been held each year in Akhtala in northern Armenia.