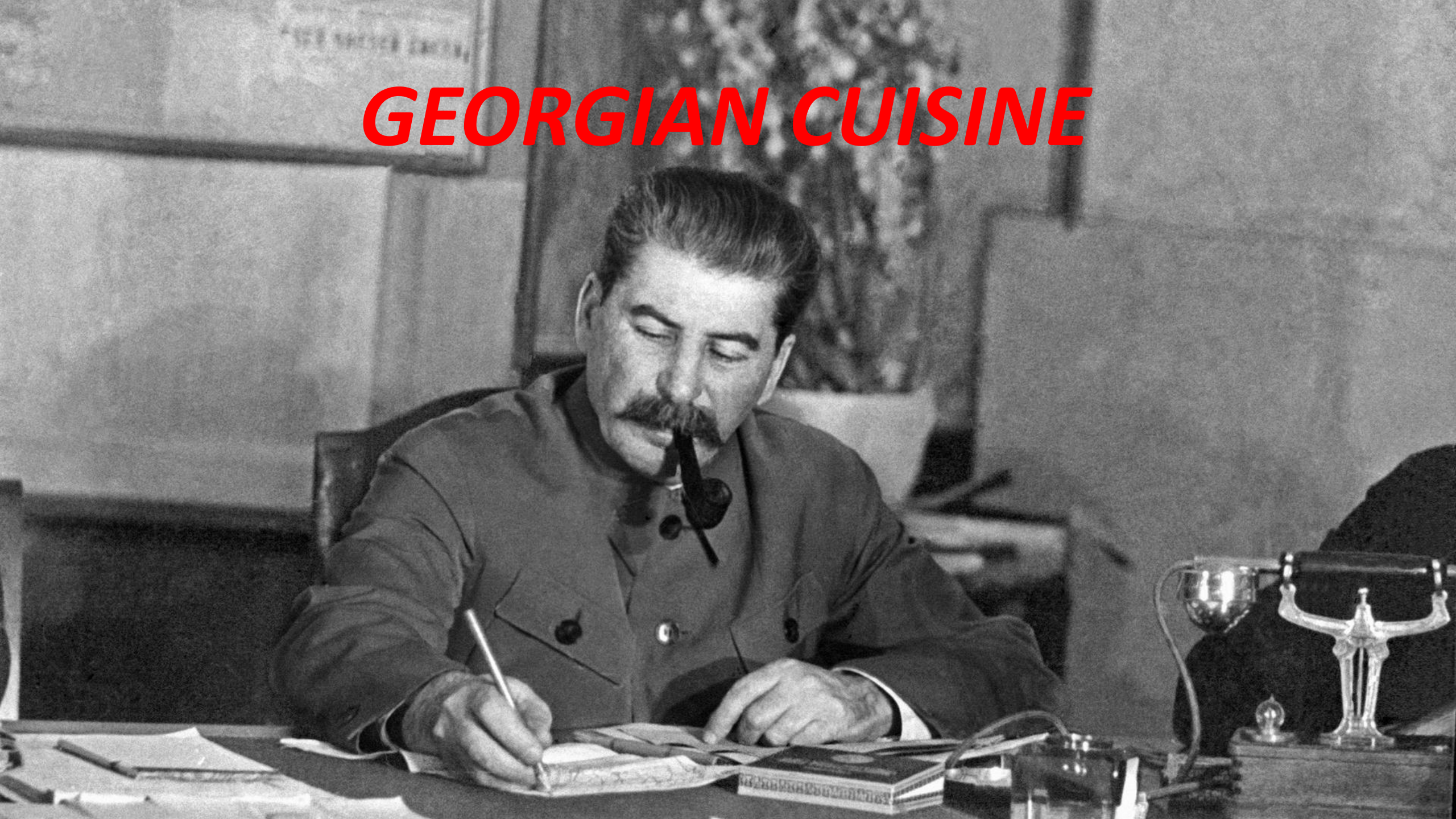


# ***GEORGIAN CUISINE***



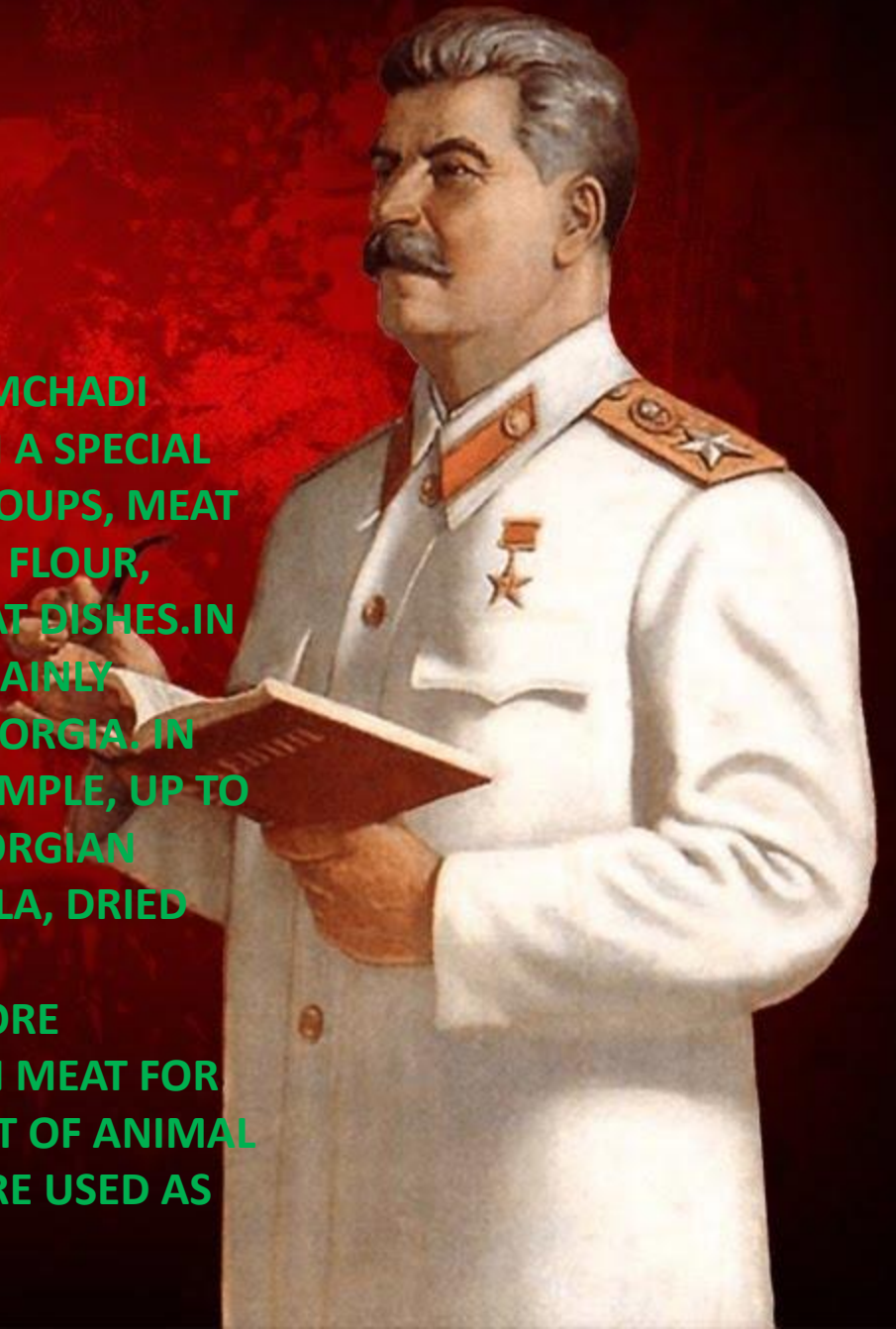


*GEORGIAN CUISINE IS THE NATIONAL CUISINE OF THE GEORGIAN PEOPLE. GEORGIAN CUISINE HAS SIMILARITIES WITH CAUCASIAN CUISINE. EACH REGION OF GEORGIA HAS ITS OWN SPECIAL WAY OF COOKING. FOOD AND DRINK ARE AN IMPORTANT PART OF GEORGIAN CULTURE.*

### **REGIONAL DIFFERENCES**

THE CUISINE OF WESTERN GEORGIA IS CHARACTERIZED BY THE USE OF MCHADI TORTILLAS MADE FROM CORN FLOUR OF SPECIAL GRINDING AND FROM A SPECIAL TYPE OF MILLET — CHUMIZ, WHICH IS USED INSTEAD OF BREAD WITH SOUPS, MEAT AND VEGETABLE DISHES. GOMI PORRIDGE IS ALSO COOKED FROM CORN FLOUR, WHICH IS EATEN INSTEAD OF BREAD WITH SOUPS, VEGETABLE AND MEAT DISHES. IN WESTERN GEORGIA, MOST OF THE MEAT DIET CONSISTS OF POULTRY, MAINLY TURKEYS AND CHICKENS. GEESSE AND DUCKS ARE RARELY COOKED IN GEORGIA. IN WESTERN GEORGIAN CUISINE, MORE SPICY SAUCES ARE USED; FOR EXAMPLE, UP TO 25% OF HOT PEPPER IS INCLUDED IN ADJIKA, WHEREAS IN EASTERN GEORGIAN SAUCES UP TO 5%. STRONG ALCOHOL IS EATEN HERE WITH CHURCHKHELA, DRIED FRUITS, FRUITS.

IN THE CUISINE OF EASTERN GEORGIA, THE USE OF WHEAT BREAD IS MORE COMMON. AS FOR MEAT, IN EASTERN GEORGIA, ALONG WITH THE MAIN MEAT FOR GEORGIANS — BEEF — PORK AND LAMB ARE OFTEN EATEN, QUITE A LOT OF ANIMAL FATS ARE CONSUMED. SALTED AND PICKLED VEGETABLES (MZHAVULI) ARE USED AS SNACKS FOR STRONG ALCOHOLIC BEVERAGES.





# INGREDIENTS OF PLANT ORIGIN



MALLOW FOREST

GARDEN PURSLANE



BEET TOPS



MANY DISHES OF GEORGIAN CUISINE INCLUDE BEANS, EGGPLANTS, WHITE CABBAGE AND CAULIFLOWER, BEETS, TOMATOES, A LOT OF WALNUTS. MOST OFTEN, BEANS AND EGGPLANTS ARE COOKED WITH VARIOUS SEASONINGS AND WALNUTS, RESULTING IN MANY TYPES OF LOBIO AND EGGPLANT DISHES (BADRIJANI). ALONG WITH AGRICULTURAL CROPS, WILD HERBS ARE ALSO USED — NETTLE, CHINU (BEANS), PURSLANE, MALLOW (YOUNG SHOOTS AND LEAVES), AS WELL AS YOUNG TOPS OF GARDEN CROPS — BEETS, CAULIFLOWER.





# SPICY HERBS

SPICY HERBS,  
WHICH ARE  
CONSUMED  
THROUGHOUT  
THE YEAR, HAVE  
ACQUIRED GREAT  
IMPORTANCE IN  
GEORGIAN  
CUISINE.

SAVORY



BASIL




MINT



TARRAGON





A collage of Georgian dishes. In the top left, a plate of khinkali (dumplings) with a small bowl of white sauce. In the bottom left, a plate of khachapuri (cheese-filled bread) with a fried egg on top. In the center and right, a plate of grilled meat skewers (shashlik) garnished with herbs, accompanied by a bowl of red sauce and a plate of fresh vegetables (cucumbers, tomatoes, onions).

**KHINKALI IS A DISH OF GEORGIAN CUISINE FROM THE MOUNTAINOUS REGIONS OF PSHAVI, MTIULETI AND KHEVSURETI IN GEORGIA, WHICH HAS BECOME WIDESPREAD IN OTHER REGIONS OF THE CAUCASUS AND THROUGHOUT THE FORMER USSR. A KIND OF DUMPLINGS.**

**KHACHAPURI IS A DISH OF GEORGIAN CUISINE, A NATIONAL FLOUR PRODUCT, A BUN STUFFED WITH CHEESE. IN 2019 KHACHAPURI WAS AWARDED THE STATUS OF AN INTANGIBLE MONUMENT OF CULTURAL HERITAGE OF GEORGIA.**

**#THE AUTHOR  
REALIZED THAT  
HE WAS NOT  
MAKING A  
PRESENTATION  
ABOUT THE  
USSR#**



# LIST OF SAUCES AND SPICES OF GEORGIAN CUISINE

ADJIKA.

BAZHE IS A NUT-GARLIC SAUCE.

GARO.

DOGWOOD SAUCE.

KINDZ-DZMARI.

IMERETIAN SAFFRON — GROUND DRIED MARIGOLD  
INFLORESCENCES.

SATSEBELI IS A SAUCE MADE OF TOMATOES, SWEET  
PEPPERS AND SPICES.

SATSIVI.

SVAN SALT.

SLOE SAUCE.

TKEMALI — TKEMALI PLUM SAUCE.

TKLAPI IS A DRIED PUREE OF TKEMALI PLUM OR  
DOGWOOD IN THE FORM OF A THIN PANCAKE.

TOMATO SAUCE.

HOPS-SUNELI IS A POWDERED MIXTURE OF HERBS  
AND SPICES.

UTSHO-SUNELI — CRUSHED SEEDS AND  
INFLORESCENCES OF BLUE FENUGREEK.

СВИНТУС  
ПРИДЕТ



# SOUPS

GEORGIAN SOUPS ARE PREPARED ALMOST WITHOUT VEGETABLE GROUNDS, BUT THEIR CONSISTENCY IS MUCH DENSER. THIS IS ACHIEVED BY ADDING EGGS. SO THAT THE EGGS DO NOT CURDLE WHEN HEATED, THEY ARE MIXED WITH SOME ACIDIC MEDIUM, AS WHICH VINEGAR, SOUR FRUIT JUICES OR MATSONI ARE USED. BUT MOST OFTEN, THICKENED AND DRIED TKEMALI PLUM PUREE IS USED AS AN ACIDIC MEDIUM. THE ACIDIC ENVIRONMENT SIGNIFICANTLY INCREASES THE DIGESTIBILITY OF THE DISH. IT IS USED EITHER WITH EGGS OR WITH A LOT OF MEAT AND FAT. THE MOST FAMOUS SOUPS OF GEORGIAN CUISINE ARE KHARCHO, CHIKHIRTMA, KHASHI AND SHECHAMANDI FROM MATSONI. HASHI IS A VERY FATTY AND RICH BROTH, BOILED FROM BEEF LEGS, PERITONEUM AND STOMACH. CRUSHED GARLIC AND DRIED LAVASH ARE SERVED SEPARATELY TO THEM.

**KHARCHO**





# ALCOHOLIC BEVERAGES OF GEORGIA

WINEMAKING IS WIDESPREAD IN GEORGIA AND THERE ARE A LARGE NUMBER OF VARIETIES OF WINES. THE MOST FAMOUS WINES ARE RED: KHVANCHKARA, SAPERAVI, MUKUZANI, KINDZMARauli, AND WHITE: TSINANDALI, TWISHI, RKATSITELI. AS A STRONG ALCOHOLIC BEVERAGE, CHACHA IS COMMON — MOONSHINE FROM GRAPE CAKE LEFT OVER AFTER WINE PRODUCTION. MOONSHINE FROM OTHER FRUITS (FIGS, MULBERRIES, TKEMALI PLUM) IS CALLED ZHIPITauri IN GEORGIA



**THIS IS NOT AN  
ADVERTISEMENT**





**ПРЕЗЕНТАЦИЯ НЕ  
ПОЛУЧИЛА 10  
БАЛЛОВ?  
ОН УЖЕ ИДЁТ К ВАМ**



