

*The Food And
Art Of Azerbaijan*
Khabiba Kashkay



The Food and Art of Azerbaijan

Khabiba Kashkay

This appealing cookbook gathers over two hundred tried-and-true recipes from Azerbaijan, an underappreciated culinary region many Westerners have yet to experience. An excellent preparatory read for the 2015 European Games to be held in Azerbaijan's capital of Baku, *The Food and Art of Azerbaijan* is the quintessential culinary guide to the region.

Azeri food is Turkish in origin, and this book of family-style recipes includes delectable Azeri national dishes featuring all the traditional elements: meats and fish, such as chicken, mutton, and sturgeon; main vegetables of eggplants, sweet peppers, and squashes; and fragrant herbs like anise, dill, and saffron. Khabiba Kashkay's favorite pickles and marinades are also featured, offering simple Azeri adaptations of American dishes as well.

The Food and Art of Azerbaijan is helpfully arranged by season, and a tantalizing photograph accompanies every recipe. At the beginning of each seasonal section, Kashkay introduces the cuisine with a personal essay about her country and a showcase of twentieth-century Azeri art. Together, these elements form a visual culinary journey to a land previously unexplored by Western chefs and tastemakers.

Khabiba Kashkay is an author based in Azerbaijan and Russia.

7 1/2 x 9 1/2, 502 pages,
200 color plates

ISBN-13: 978-1-906509-92-7

Publication Date: February 2015

Cloth \$49.95

For a review copy or other publicity inquiries, please contact: Kristen Raddatz, Promotions Manager, University of Chicago Press, 1427 East 60th St, Chicago IL 60637. Email: kraddatz@press.uchicago.edu; Telephone: 773-702-1964; Fax: 773-702-9756.

To place orders in the United States or Canada, please contact your local University of Chicago Press sales representative or contact the University of Chicago Press by phone at 1-800-621-2736 or by fax at 1-800-621-8476.

The Food and Art of Azerbaijan

Khabiba Kashkay

This book is dedicated to three most important women in my life and my family – my grandmother Almaz, my aunt Rahshanda and my mother Ulduz. This book is based on their favourite recipes.



UNICORN PRESS LTD

V Herb Casserole – Kükü

Ingredients

- ◇ 1 bunch each parsley, dill, leafs of spring onions or leek, celery, mint, and coriander
- ◇ 9 eggs
- ◇ ½ tablespoon citric acid or lemon juice
- ◇ 2 tablespoons sumac (spice from the fruit of sumac)
- ◇ 3 tablespoons melted butter or any vegetable oil
- ◇ Salt and pepper, to taste

Method

- ◇ Wash, dry, and finely chop the greens, crack in the eggs, add the citric acid, mix everything well, and season with salt and pepper.
- ◇ Pour 2 tablespoons of oil or butter into deep, well-heated frying pan, pour in the prepared mixture, and cover with a lid.
- ◇ After five minutes, when the bottom has set, remove the lid, shake the frying pan from side to side and re-cover. Reduce the heat.
- ◇ In 15-20 minutes the contents of the frying pan should be cooked through. Then cover the frying pan with a flat plate, and, flipping the frying pan over, put the herb casserole on a plate.
- ◇ Pour the remaining tablespoon of butter or oil and return the casserole to the frying pan.
- ◇ Fry for another 5 minutes, uncovered, to brown the reverse side. Cover the frying pan with a plate, flip it over, and put casserole on a plate, sprinkle with sumac, and cut into slices.
- ◇ Casserole rises up to approximately 2-3 cm.
- ◇ Serve hot or cold.
- ◇ Please see the following recipes for variations on this classic dish.



Dolma

There is a series of dishes called "dolma", meaning "stuffed". This reflects the method of its preparation: grapes and cabbage leaves, aubergines, peppers, tomatoes, pumpkin are stuffed with meat, chicken, vegetable stuffing, and in some beach regions – with fish stuffing. Dolma are interesting, healthy and tasty dishes.

Ingredients

Option 1

- ◇ 1½ kg fresh grapes leaves per 3-litre glass jar or marinated grape leaves
- ◇ 2 bunches dill
- ◇ Salt, to taste

Option 2

◇ To preserve the leaves for the use in winter, they should be salted. Pour the leaves with water in a deep vessel, and leave for 2-3 hours. Then wash, and, gathering in groups of 15-20, stack them the front side down, add a pinch of salt and put in the bottom of the glass jar. Proceed until the jar is filled, occasionally introducing some dill. Cover all the upper leaves with dill and add enough salted water (3 tablespoons of salt per 1 litre of water). Close with a plastic lid and put the jar in a bowl, so that in the process the water does not flow out on the floor. Occasionally add salted water, so that the leaves do not dry. After fermentation add salted water once again and put in a cool place. Wash well and pour with boiling water before use.

◇ Take a plastic bottle (1 litre), for example a leftover drinks bottle, and fill it with with leaves wrapped in rolls. Fill the bottle thoroughly and seal the lid. In 2-3 days open the lid slightly to let out a little air, then re-seal. Repeat this process 2-3 times. Before use, cut the bottle throat with a knife and remove the leaves. Rinse with boiling water, squeeze slightly and stuff them with the stunning.

Option 3

◇ You can store the leaves by portions, wrapping them in paper and putting in a plastic bag in a freezer. Unfrozen, wash, scald and wrap a dolma before use.

◇ Mulberry leaves and wild grapes leaves can be used instead of grapes leaves. And this, for sure, adds a different zest to a dish. Young, thin and not shaggy leaves are used for the preparation of dolma.



V Hurush

A common side dish for all types of filtered pilaff (siuzmya ash) is called Hurush.

Ingredients

- ◇ 200 g sultanas or raisins
- ◇ 100 g dried apricots
- ◇ Pomegranate seeds (2 fruit)
- ◇ 3-4 onion heads
- ◇ 200/300 g chestnuts – boiled and peeled
- ◇ Olive oil or melted butter

Method

◇ Sauté the onions until browned, add the raisins, dried apricots and chestnuts, add $\frac{1}{4}$ cup of water and stew them for 10-15 minutes (let the water boil down). When ready, serve and decorate with fresh pomegranate seeds.

◇ The pilaff is served in the shape of a slope and the garnished with the hurush. Other side dishes to accompany this are described in the section for meat and chicken dishes: siuzmya ash with roasted aubergines, siuzmya ash with musamba, siuzmya ash with govurma, siuzmya ash with tas kebab, siuzmya ash with quail, siuzmya ash with chicken chygyrtma.



V Pahlava with Walnuts or Almonds – Pahlava

Ingredients

- ◇ 1½ kg shelled nuts
- ◇ 500 g butter
- ◇ 2 eggs
- ◇ 800 g flour
- ◇ 1½ kg granulated sugar
- ◇ 200 g rose water
- ◇ 2 g saffron
- ◇ 600 ml water
- ◇ 50 g hash-hash
(white poppy seeds)
- ◇ 50 g pistachios (or almonds)
- ◇ Salt – optional

Method

- ◇ Put two egg yolks, 100 g of softened butter, and a pinch of salt into the flour and knead the dough. Divide it into 10 parts. Peel the nuts and put them into boiling water, then dry and grind them, mixing them with 500 g of granulated sugar. Divide the stuffing into 7 parts.
- ◇ Generously smear the tray with oil/butter.
- ◇ Roll one part of the dough into a thin layer, cover the whole bottom of the tray. Stick the edges to the sides of the tray, smear with butter, add one more layer of rolled dough, smear with butter again, add a layer of nuts and repeat.
- ◇ Between the last layers of dough (9 and 10) as with the first layers 1 and 2 should be only the butter. Stick the edges thoroughly and press with your hands.
- ◇ Cut the pahlava into diamond shapes.
- ◇ Smear the whole surface with the saffron infusion using a brush, sprinkle the corners of diamonds with hash-hash (white poppy) and place a half of pistachio (or almond) in the middle of each diamond.
- ◇ Bake at 180°C for one hour (after the tray warms up, pour the remaining butter over the pahlava). Prepare a syrup with the granulated sugar and water and add rose water. Take the ready pahlava out of the oven and pour the hot syrup over it.
- ◇ After 12 hours put pahlava in a saucepan with a lid. Pahlava can be stored for 10-15 days.



Main Dishes - Pilaffs

Samed Yunus ogly Akhverdov

Painting: 'Boyuk Hanim Fortress,
Old Shusha' (undated)

Oil on canvas

Inscription on the reverse (second half in
Cyrillic): 'Bojykkhanim Galasi/ old shusha'

35.8 x 39.4 in (91.0 x 100.0 cm)

Provenance: Acquired by the current owner
in 1980.

Literature: Bown, M. C., *A Dictionary of
Twentieth Century Russian and Soviet Painters
1900 – 1980s*, Izo (1998): 7.

The Fine Arts of the Azerbaijan SSR,
Sovyetky Khudozhnik, Moscow (1978): 17.

The painter Samed Yunus ogly Akhverdov was
born in 1921 in Baku, Azerbaijan. In 1944
he graduated from the State Art Academy of
Azerbaijan named after A. Azimzade.

Akhverdov participated in numerous art
exhibitions since 1946. He had a personal
exhibition in Baku which took place in 1971.
Akhverdov was a Member of the USSR
Guild of Artists. He died in 1991.



Dough Dishes

Emin Mamedov

Painting: 'Sunset' (undated)

Oil on canvas

Inscription on reverse (in Cyrillic): 'Sunset
65,5 x 50.'

19.7 x 25.6 in (50 x 65 cm)

Provenance: Presented by artist the current
owner in 2008.

Emin Mamedov was born in 1968. Emin
studied at the Surikov Institute in Moscow.
Now, Emin works and lives in Baku.



Offal Dishes

Oleg Ibrahim ogly Ibrahimov

Painting: *Giant Pomegranate* (undated)

Oil on canvas

Signed bottom left left (in Cyrillic):
'Ibragimaov'

30.4 x 34.4 in (80.7 x 100.7 cm)

Provenance: Presented by the artist for the current owner in 1981.

Literature: Bown, M. C., *A Dictionary of Twentieth Century Russian and Soviet Painters 1900 – 1980s*, Izo (1998): 113.

Oleg Ibrahim ogly Ibrahimov was born in Baku in 1943 to the family of the poet Ibrahim Kabirli. After completing high school, the gifted young man studied at the Moscow Surikov Institute and the Mukhina Leningrad Higher School of Industrial Art.

In 1976, as part of the Central Committee of the Communist Youth League at the height of the Brezhnev era, the young artist was sent to the Baikal-Amur Mainline, whose grand-scale construction project later inspired a lot of his work. Back in Moscow, Ibrahimov opened his solo exhibition at the "Manezh" exhibition space, which caused great enthusiasm amongst the Soviet press. Ibrahimov is also a member of the USSR Guild of Artists.

In 2008 Ibrahimov had his solo show in the "Yaradan" exhibition hall in Baku. His paintings have also been exhibited in Moscow and St. Petersburg in the framework of the Decade of Azerbaijani Culture in the Russian Federation, as well as in the best salons in Finland, Morocco, Bulgaria, Poland, Germany, the Czech Republic and other countries.



Azerbaijani Borsch

– Borsch

Ingredients

- ◇ 1 kg brisket (veal, beef or mutton)
- ◇ 2 carrots
- ◇ 2 sweet peppers
- ◇ 2 onions
- ◇ 500 g cabbage
- ◇ 4 tomatoes or 2 tablespoons of tomato paste
- ◇ 2 potatoes
- ◇ 5-6 bay leaves
- ◇ 1 egg
- ◇ 1 tablespoon flour
- ◇ 2 lumps sugar
- ◇ 1 bunch parsley and celery each
- ◇ 2 tablespoons each of vinegar and vegetable oil or melted butter
- ◇ Salt and pepper, to taste

Method

- ◇ Sauté the finely chopped onions, carrots, peppers, tomatoes (seasonally) or tomato paste to brown in vegetable oil.
- ◇ Cook the brisket until tender in 2 litres of water, remove the froth from the broth, and remove the meat.
- ◇ Add the potatoes, chopped cabbage, and sautéed dressing to the broth.
- ◇ Beat the egg yolk with the water and flour until smooth and pour it into the borsch, stirring it in a steady pace.
- ◇ Add the vinegar (wine or cider) and sugar.
- ◇ Turn off the heat, add the finely chopped herbs, meat, and cover the pan with a lid.
- ◇ Serve with sour cream.

