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The Classic Cuisine Of Soviet Georgia: History, Traditions, And Recipes



Synopsis

This cookbook captures the cuisine of Soviet Georgia in more than 100 traditional recipes, including dishes such as mtsvadi (skewered lamb), kupati (meat sausage), tolmas (stuffed grape leaves), kada (Georgian kweet bread), and pakhlava kartulat (Georgian bakhlava). More than just a cookery book, this text is rich with lore, lifestyle, history and the unique cultural and religious traditions of Soviet Georgia. Including sections on special ingredients, with American equivalents, Georgian wines, and the rituals of the Georgian table and the tamada (toastmaster).

Book Information

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Customer Reviews

In dramatic contrast to the Western view of a drab and gray Soviet Union, where food is ever in scant supply, the Soviet Georgia described by food historian and folklorist Margvelashvili is an untouched paradise where "plates piled high with fragrant opal basilic , tender cilantro, flat-leaf parsley, long stems of tarragon, green onions, and young garlic infuse life into even the most lifeless soul at any table." Her book reveals a culture immersed in the from-scratch preparation of time-honored recipes, many of which resemble Middle Eastern specialties--e.g., a pilaf with meat, and stuffed grape leaves called tolmas which resemble their Greek cousin. Vegetables, fresh cheeses and yogurts play an important role in Georgian dining; included are recipes for eggplant in walnut sauce, chilled yogurt soup and Georgian ricotta. While introductory chapters define some of the ingredients found in Georgian fare, many recipes feature shaffran , a mysterious spice consisting of dried marigold petals, "not to be confused with saffron as to flavor and especially quantity"--without offering substitutions. This flaw aside, the volume takes an illuminating look at an obscure corner of the world. Copyright 1991 Reed Business Information, Inc.

Georgian cuisine by no means fits the stereotype of heavy, boring Russian food; although there are indeed many peasant-style dishes, they are flavored with cilantro and other fresh herbs, enlivened with hot paprika and special spices, often influenced by the Mediterranean cultures to the south. The author, a Canadian who now lives in Georgia with her Soviet-born husband, writes about the warmth of the culture, describes various essential ingredients, and presents an intriguing collection of traditional recipes. Specialized but appealing, this is recommended for most collections. Copyright 1991 Reed Business Information, Inc.

Note that about half of the book is the actual cook book. The rest is history, traditions, etc. Even so, even the half of the book has enough recipes to justify the purchase. I like there's a section advising how to get spices that are unique to Georgian Republic and what to replace them with. Otherwise, one would need to do a lot of additional research. For those who doesn't know, Georgian cuisine is very unique, very flavorful and arguably one of the most exciting.

This is an excellent look into the cuisine of Georgia. The author really explains the culture and ingredients that make the food of this region so unique. I have cooked some of the recipes and they are delicious and would satisfy any gourmand. A must have for anyone who enjoys the cooking of Transcaucasia...

great, and very happy. a gift to my brother , fast shipping. Heavy product with good balance it is recommend.

Much better than the Darra Goldstein version. Unfortunately in order to really get authentic Georgian flavors, often one needs some very hard to get spices and other ingredients.

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