



# **Cuisines of the Caucasus Mountains: Recipes, Drinks, and Lore from Armenia, Azerbaijan, Georgia, and Russia**

*Kay Shaw Nelson*

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Caucasians are noted for a creative and masterful cuisine that cooks evolved over the years by using fragrant herbs and spices and tart flavors such as lemons and sour plums. With healthful yet delectable ingredients like pomegranates, saffron, rose water, honey, olive oil, yogurt, onions, garlic, fresh and dried fruits, and a variety of nuts, these 184 authentic recipes provide many delicious options. The literary excerpts, legends, and lore sprinkled throughout the book will also enchant the reader-chef on this culinary journey to one of the world's most famous mountain ranges. Because of its geographical and ethnic diversity, the colorful and vibrant cookery of the Caucasus, interwoven with the history and invasion of conquest, the influence of religious affiliation, and the effects of political and social orientation or allegiance, represents a mixture of tastes. We find distinct culinary influences from the Greeks, Romans, Persians, Arabs, Turks, and Central Asians as they passed through or occupied the area, and there are also some Slavic or Russian contributions. Today, the region's cuisine is perhaps best described as a joyful *mélange* of Persian, Turkish, Greek, and Mediterranean dishes, with many innovations and improvements. --from the author's introduction

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