

Dushbarah (Düşbərə)

This is a traditional dish from the cuisine of Azerbaijan, a small country on the shores of the Caspian Sea, south of the mighty Caucasus Mountains. My family is from Azerbaijan so I was raised on my grandmothers' and mom's recipes of the traditional Azeri dishes. This one is my personal favourite, as prepared by my mother and her mother before her.

Shopping list (for 4 servings)

For the batter:

2 cups of flour

½ teaspoon of salt

1 tablespoon of vegetable oil

¾ cups of warm water

For the filling:

300 g of ground beef + 100 g of ground lamb

One onion

Two cloves of garlic

One celery stem

Allspice

Salt

For the broth:

4 cups of water

Salt

1 tablespoon of tomato paste

1 tablespoon of vegetable oil

You may also use ready-made beef broth or bouillon cubes



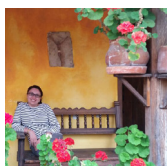
Method

Prepare the batter. Knead the dough until it becomes as soft as an earlobe and doesn't stick to your hands. Let it rest for 30 minutes. Split it into two halves and roll each of them out as thin as possible. Cut the rolled out dough into small squares (like a chessboard) and stuff each square with the ground beef and lamb filling, then carefully fold each (see picture). Sprinkle with flour.

In a saucepan, prepare the broth and bring it to a boil. Add the little *dushbarahs* and wait until they start floating. After they float, cook for another five minutes.

Serve with vinegar, garlic and dry mint.

Nush olsun!



Contributed from Moscow by

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One in a series of recipes contributed by our volunteers

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