

**ARMENIAN FOOD GUIDE
FOR TOURIST**



**YEREVAN
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ARE YOU HUNGRY? **Dukh sovats eq?**

In Armenia most relations eventually settle on a feast. Armenians eat often and well. They are very hospitable. When you visit an Armenian family, you must have dinner with them and then compliment the hostess for the delicious meal she has prepared.

Every region is famous for certain dishes. The range of dishes and ingredients is huge. You can spend weeks without eating the same dish twice.

Eating and being invited to dinner in a typical Armenian family are the most wonderful parts of a visit to Armenia. EATING LIKE A NATIVE helps you order many widely available Armenian dishes. There are literally thousands of dishes to try. Don't miss out.

Armenian cuisine is as ancient as the history of Armenia. It is a wonderful combination of different tastes and aromas. Armenian cuisine is almost wholly indigenous, although, as every cuisine, over time it has adopted several food ideas, cooking methods from different cultures. Closely related to Eastern cuisine, various spices, vegetables, fish and fowl and fruits combine to present a unique experience for any visitor.

Armenians use different sorts of fresh and dried herbs, as well as a wide variety of spices.

The adjustment and mixtures of flavors, dishes, spices and sweets adopt their variety according to the region they belong.

Regional Foods.

Most Armenian foods are available throughout the country, but there are some specialties of each region to search out during your visit.

West Armenian food (*Arevmtyan Hayastany utestner*) is famous for its *meza* (appetizers), *abour* (soups), *aghtzan* (salads), meat, fish, fowl as well as meatless dishes (vegetarian), pilaf (noodles), *hatz* (bread) and *anousheghen* (dessert).

Stuffed grape leaves (*yalanchy sarma, dolma*), mixed pickles (*tourshi*), pickled peppers stuffed with chopped vegetables (*salamorah tourshi*), cured spiced meat (*basturma*), Armenian spiced dried sausage (*soujoukh*), Armenian cheese (*haykakan panir*), fried cheese turnover (*tapgadz panir boerag*), salted and toasted pumpkin and squash seeds (*ddmi koot*) are the most famous west Armenian appetizers.

Different sorts of yogurt soups as Hot yogurt soup (*tahnabour*), yogurt soup (*matzoun abour*), yogurt celery soup (*spas*), lentil soup (*vospov abour*), chick pea soup with pumpkin (*ddumov siserov abour*), meatball soup (*klorikov abour*), chicken soup (*havov abour*), vegetable soup (*banjareghen abour*) are worth trying especially in winter.

You can also be served a variety of salads such as Dried beans (*lopy plaki*), bean salad (*lopy aghtzan*), cracked wheat salad (*tabouleh*), tomato salad (*marash aghtzan*), eggplant salad (*sempoog aghtzan*), Armenian potato salad (*getnakhndzor aghtzan*).

You can try various preparations of meat, fish, fowl, vegetables such as Barbecued lamb (*shish kebab*), lamb-burgers (*losh kebab*), broiled lamb-burgers (*lule kebab*), stuffed meatballs (*karpet porov kufta*), stuffed lamb flank (*khabourga*), macaroni with ground meat and yogurt (*mock manti*), small canoe-shaped dough, filled with meat (*manti*), potted lamb (*tass kebab with rice pilaf*), lamb-yogurt dish (*kalajosh*), braised beef and lamb (*ghavourma*), lamb kidneys (*yeregmoonk*), baked fish (*dzouk*), lamb and barley (*keghkegh*), chicken with quince (*havov sergahfil*), bulgur with eggs and tomatoes (*havgitov kufta*), cheese stuffed eggplants (*sempoog panir dolma*), lentils with apricots (*mushosh*), cheese spinach noodle casserole (*panir spanagh yev yerishta*), eggplant with lamb (*sempoog kebab*), baked stuffed apricots (*tsirani dolma*), zucchini with meat sauce (*meesov ddum*), celery stew (*kerevouz kerakur*), okra with meat sauce (*meesov bamiya*), meat and potato casserole (*khema ev getnakhndzor poory*), leek stew (*prassa*), squash (*ddumov kerakur*). All these dishes are well cooked and safe to eat.

East Armenian food (Arevelyan Hayastany utestner) is also famous for its soups, salads, meat, fish, fowl, vegetarian dishes, noodles, bread and desserts, although the spice usage is different.

You can enjoy the great variety of yogurt and vegetable soups, also spas and beet soup (*karmir tag jakndeghov abour*) are very tasty. Shepherd's salad (*Hovvy aghtzan*) is a very favorite one as well as beet salad (*jakndeghov aghtsan*), *Marengo*, a great variety of vegetable salads, bean paste (*lobov pashtet*), tongue paste (*lezvov pashtet*), *Mayraqaghaqayin* salad one of New Year specialties. East Armenians prepare three types of *Dolma*. Summer *dolma* is meat stuffed into vegetables, while winter *dolma* is meat wrapped in grape or cabbage leaves.

Every region is famous for its typical dishes, e.g. Lory for herbal dishes such as *quoledy*, *pokhindz*, Gyumry for beef brains (*tavary qyala*), Gavar and Echmiadzin for *Kuftas*. Artsakh is famous for its *Jingialov Hatz* (flat Armenian bread stuffed with seven sorts of herbs). *Khashlama*, *Ajapsandal*, different pilafs (e.g. lentil dish), fried eggplants, tasty eggplant (*hamov sempoog*), backed potato squares with fried mushrooms (*tapisov soonk ev kartofil poori*), meat sauce jelly (*kholodets*) are available almost everywhere.

Let's not forget *Khorovadz* (barbecue) served with fried tomatoes, eggplants and peppers mixed salad, *Harisa*, *Sevani Ishkhan* (trout), *Jermuki Karmrakhayt* (trout) and, of course, *Khash* (scraped bovine shins). *Khash* is a heavy meal that is best eaten in the winter, with a glass of vodka.

Where to Eat

Markets (*shuka*) are interesting and useful places to visit.

· Almost all **the markets** are open from early morning till 7 PM. You will find a great variety of vegetables, herbs, fruit, meat, sausages, fish, bread, cheese, spices, sweets there. It is worth visiting them to find provisions for breakfast, picnics, also appetizers for dinner and lunch.

- There's also a **big market** (*Goumy shouka*) not far from the city center, which is open 24 hours and you can find there everything as in ordinary markets and at a cheaper price.

Restaurants (*khortkaran or restoran*). Most towns have restaurants where you can find almost the whole menu mentioned above, and, of course, every town has its particular specialty. Some places have an English menu, especially the restaurants in Yerevan. To discover the best food of each region always ask for the specialty of the house.

- **Small “out-of-town” restaurants** serve a wide range of dishes at moderate prices. These places may have an English menu. The specialties of all these restaurants are *Khorovadz* served with fried tomato, eggplant, pepper salad with onion and herbs and Kebab.
- **Larger restaurants** range in style from elegant and expensive indoor establishments to cafes and bars. Almost every elegant restaurant has extensive outdoor setting area (summer hall), where you can relish the cool evening breeze. When the landscape permits, these restaurants are set on scenic riverbanks or near lakes and ponds. If you are in Jermuk or in Sevean don't miss the chance to see where the fish provide diversion before being scooped up for the kitchen.

There is also a wide range of European, Russian, Greek, Mexican, Eastern, Chinese, and other restaurants throughout Yerevan. And the most well-known area of Armenian restaurants is Proshian street where you can find small restaurants to enjoy some *khorovadz* or order it to take away as well as large restaurants with live music.

- **Hotel restaurants** usually serve ordinary Armenian and European dishes. Pizzerias, Smaks (fast food) are found in Yerevan and are popular with young Armenians.

Along the streets cafes prepare food presented for you to choose. Each person can order separately. A café is a perfect place to have a cup of coffee (usually Armenian coffee which is similar to the Oriental one) and ice-cream. In the area of universities you can see many stalls, where it is possible to enjoy different sandwiches as well as drinks and sweets at moderate prices.

· **Meat with vegetables.** Look for a very popular Armenian dish *Dolma*, it's worth it. There are three types. Summer *Dolma* is meat stuffed into eggplants, peppers, tomatoes. Winter *Dolma* is meat either wrapped in grape leaves and served with *matzoun* and garlic, or meat wrapped in cabbage leaves and cooked with prunes. *Dolma* is served without sauce. You must order it if you want.

· ***Khashlama*** is also worth trying: it is boiled meat and potatoes with sliced tomatoes.

· ***Harisa*** is a very ancient and traditional meal closely linked to Mousaler's Victory Day and Easter. It consists of hulled wheat and shredded chicken.

· **Rice with raisins.** Look for this delicious Easter dish. It is sometimes prepared also with raisins and candied apricots. Really perfect to taste.

· **Soups (apur).** Look for *Spas*—a popular soup consisting of egg and flour stirred into *matzoun* (yogurt). *Kololik* is also worth trying—meatballs cooked in rice soup with parsley. *Beet soup* is very delicious especially in snowy winter. It is a mixture of beet, carrot, cabbage, potato, onion and beef. Can be served with sour-cream.

· ***Kyufta*** is made in different ways throughout the country. *Gavar Kyufta* is made from minced meat spiced with onions and rolled into balls before boiling in water. It is served in slices, garnished with butter. While west Armenian *Kyufta* is minced meat and nuts spiced with onions and salt, pepper, in the crust made of crushed wheat and meat mixture. It is served with lemon juice.

· ***Khorovadz*** restaurants have charcoal *manghals* for barbecuing. Charcoal *manghals* exist also in small restaurants and cafes throughout the country to serve you a real Armenian delicious *Khorovadz*. Every Armenian man is proud of preparing and entertaining it to you so that you

appreciate the art of cooking. It can be prepared of beef and fowl, but the real Armenian *Khorovadz* is made of lamb or pork. The most delicious slices are called *chalaghadj* (ribs with nearby meat). *Lavash* (flat bread) is used to wrap the *Khorovadz*. Salad made of fried tomatoes, eggplants, peppers, greens and onion is very delicious to be served with *Khorovadz*.

· ***Khash*** is for the more adventurous visitor to the country. It is a specialty of many restaurants. *Khash* is an ancient Armenian dish and if you are entertained a homemade *Khash*, be sure that it's prepared by an experienced representative of the old generation. *Khash* is scraped bovine shins, boiled in unsalted water until the flash flakes of the bones. It is served hot with crushed garlic, white garden radish, cress, and is eaten with *lavash*, which is soaked in the bowl. *Khash*, in particular, is a heavy dish that is best eaten in the winter, early in the morning, with a glass of vodka.

Greens and salads. Armenian cuisine is also rich in vegetable dishes, salads and herbal dishes. In particular, *aveluk*, *sibekh*, *spanakh*, *spitakuk* are boiled before frying with onions and eggs, and made into soups and salads. *Aveluk* and other vegetarian dishes are served with nuts and *matzoun*.

How to Order.

Armenians have an ancient history and being one of the more ancient nations have their own traditions and customs, which also applies to nourishment. Traditional Armenian family usually has breakfast, which consists of something warm (noodle, fried or boiled eggs) bread and snacks, such as different sorts of sausages and cheese. The breakfast is completed with a cup of tea or coffee and sweets (jam, cake).

The second meal is lunch. It consists of three courses—salad, soup, a main dish. After the meal Armenians usually have coffee or dessert.

The third meal is dinner, which consists of the same courses as lunch, but is usually accompanied with a glass of alcohol beverage (wine, beer, or glass of vodka).

Armenians like having tea and coffee during the day. Armenian coffee is the traditional Oriental coffee, which is made Armenian way and has a little different taste. As to Armenian tea there exist different blends, which are recovered by Ancient Herbals from ancient Armenian manuscripts. The method of collection, processing, blending and brewing have been inherited from generation to generation. And every blend has its unique taste and medical effect. You can have the teas both warm and iced.

In some restaurants the tip may be included in the bill. If not, leave 10% of the bill.

Appetizers (*khortkeghen* or *meza*). *Bastourma* is dried slices of lean beef soaked in spicy *chaman*. The other favorite appetizer is *Soujoukh*—Armenian spiced dried sausage. It is also served hot. If you want to try fried cheese turnover, ask for *tapakats panir*.

Drinks (*khmichq*). A variety of natural juices is made of many different types of fruits to be found in the country. They are bottled, canned and boxed. If you are invited to dinner you may be entertained homemade juice or canned stewed fruit, which is very delicious and health-giving. Look for watery yogurt (*tan*) a favorite Armenian refreshing drink especially in hot summer. Milk (*kath*) is also available.

Fresh fruit drinks and fruit infusions can be found everywhere. Street stalls serve blender drinks made from fruit, crushed ice and sometimes milk or ice-cream. Juice is ordered by saying—*Yes hyuth em uzoum*. A very delicious specialty is iced Armenian tea, that can be found in tea-houses of Yerevan. Coffee is also available and very tasty. You can enjoy any sort you wish—cappuccino, espresso, Nescafe, instant coffees, and, of course, Armenian coffee (*surj*), which marks the end of every Armenian meal. It is similar to the Oriental coffee from Greece, Turkey and the Middle East. It is served in a small cup.

Armenia is also famous for its wine, cognac, vodka and beer.

A variety of vodka is made from many different types of fruits. There is considerable praise for Armenian vodka, although vodka prepared in the regions is particularly strong.

Armenia is also famous for its wine, particularly *Areni* and *Vernashen*, which exported to many countries.

Beer has been produced in the country since Urartian (ancient Armenia) period, and some historical references support the idea that it might have first been produced on the territory of the modern-day Armenia.

In particular, Armenian cognac is renowned worldwide and was considered by the British Prime Minister, Winston Churchill, as his favorite.

Armenia's mineral waters are also famous, and known for their medical applications—particularly for kidney, liver, gall bladder and intestinal disorders. The most favorites are *Jermuk* and *Noy*, although *Bjni*, *Dilijan* and *Arzni* are also famous table waters.

Not only can you drink Armenia's mineral waters, but also bathe in natural hot water springs and health resorts found throughout the country.

Armenian Fruit

Armenia is very famous for its tasty fruit throughout the world. Fruit such as peaches, apples, pears, plums, cherries, mulberries, figs, pomegranates, strawberries, melons and watermelons are particularly succulent as well as multiple sorts of grapes, but Armenia is particularly famous for its **apricots**, which many consider taste better than anywhere else in the world.

Dessert: Kakhtsraveniq

The word Kakhtsraveniq is associated with sweet desserts, such as cakes, ice-cream, jams candied fruit and candies.

- Keep an eye open for sweet sausages called *Kakhtsr soujoukh*, which are *must* covered walnuts. It is superb.
- Candied peaches filled with mixture of nuts are called *Allany*. Try them.
- Look for *Gatha* - an Armenian special cake. It can be sweet and salty.
- *Pakhlava* is a cake stuffed with nuts and honey. It is worth trying as well as hundreds of other sorts of cakes baked in Armenia.
- A wide variety of ice-creams are indispensable in hot summer. To order ice-cream ask for *Paghpaghak*.

Sidebars to be placed anywhere:

- Order *Garejur* to have some beer.
- **Bread (*Hatz*).** Armenians like to eat bread with almost everything, and there are different types of bread in Armenia, such as *Lavash*, *Matnaqash*, *Hrazdany hatz*, *Choerag* (West Armenian roll), *Cracker bread*, *Black bread*, *White bread*, *Knjouthov hatz*, *Grandma's bread*.

Lavash is a particular favorite—flat bread rolled into circles and prepared in earthenware ovens in the ground (*tonir*).

- **Food safety and allergies:** Armenians are very clean and all the travelers eat everything without any trouble. Simply you must not drink unboiled water the first week of your journey. Use mineral waters for safety.

All the dishes are easy to assimilate, if you are used to European cuisine. The only heavy dish that is not to everyone's taste is *Khash*. Don't have it, if you avoid heavy dishes.

- **Vegetarian food.** If you are a vegetarian you'll find a wide range of vegetable dishes and noodles. Simply ask *Aranz messy kerakoor*, and you'll be offered vegetarian menu, where you can find the dish to your taste. If you like mushrooms, you will discover very tasty dishes.
- **Table manners.** Bread and salt are served on the table first. Armenians consider serving bread and salt as symbols of hospitality.

Eating watery dish use spoon in your right hand. The fork in the left hand and the knife in the right are used to cut the dish (meat or vegetables) and the knife helps to put the pieces on the fork. When you are finished put the knife and the fork together on the plate.

- **When an Armenian friend** invites you to the restaurant he will ask you what kind of food you prefer and what kind of music you enjoy listening to orientate himself where to invite you.

Restaurant pointers.

- You don't need to call the waiter when you have entered a restaurant or a café, as he will approach you himself. When you need, call the waiter by saying *Motetseq khndrem*.
- Armenians generally have breakfast between 8:00 and 9:00 AM, lunch—between noon and 2:00 PM, and dinner—between 6:00 and 8:00 PM.
- To get the bill, raise your hand calling the waiter saying *Hashive karely e*.
- **Tippling.** There's no need to leave a tip at street stalls, although it is usual to leave tips of 5-10% in cafes and restaurants. In some restaurants the tip may be included in the bill.

Pronunciation Guide

The EAT LIKE A NATIVE transliteration system is based on normal American spelling not Armenian transliteration conventions. There are no special phonetic symbols! We try to make the pronunciation as natural as possible for a speaker of North American English. These

transliterations infuriate language purists but which work just fine, especially when you are hungry.

EAT LIKE A NATIVE guides try to represent the way most Armenians pronounce words every day. This means that, within the guide, the transliteration might be slightly different in different uses of the same word. Some consonants, in particular the Armenian aspirated *t* are pronounced somewhere between two English standards and may be transliterated using either one (e.g. tea = *tay* or *they*). We have used a plain *t* to avoid confusion with the English *th*, but if you listen to native speakers, you will hear an intake of breath called an *aspiration* when they say some letters. The guttural *kh* is very common in Armenian. It is sort of an *h* pronounced in the back of the throat. The nine Armenian vowels do not pose any problem for English speakers. Some of very long words are divided into syllables to help you say them more easily.

Personal pronouns are not required in many Armenian sentences. Oddly enough, you may insert *Yes (ayo)* as a kind of substitute for a pronoun to start a sentence, but it is not necessary.

Armenians use the words *please (khendrem)* and *thank you (shnora-ka-louth-youn)* very often and they also express politeness in their voice and facial expression.

One of the odd and charming speech habits of Armenians is to double up rhyming words in nonsense ways as in "Let's go shopping mopping". You may not hear them at first and when you do they will certainly confuse you. Although you might never use these word pairs yourself, it is fun to think about using them in English.

Don't be shy about trying to speak in Armenian, even if you do it very badly. Armenians are flattered that you are making the attempt. Try to match the rhythm and stress patterns that you hear. That, along with pronunciation, will help you to be understood.

Conventions

A forward slash (/) is used to indicate options for ordering, as *beef/chicken/fish*.

Basic vocabulary

<i>Hhimnakan barapashar</i>

yes	<i>ayo</i>
no	<i>voch</i>
eat (common)	<i>outel</i>
eat (formal)	<i>senvel</i>
Enjoy the meal! (bon appetite)	<i>bary akhorjak</i>
I'm hungry	<i>(I/Yes) Kaghtsats em</i>
I'm thirsty	<i>tsarav em</i>
I want to eat...	<i>(I/Yes) ouzoum em utel...</i>
give me...	<i>toor eendz...</i>
...menu	<i>...menyun</i>
...bill/check	<i>...hashive</i>
How much?	<i>Vorqan?</i>
want	<i>(I/Yes) ouzoum em</i>
don't want	<i>chem ouzoum</i>
where is a/the restaurant?	<i>Vortegh e restorane?</i>
where is a/the market?	<i>Vortegh e shoukan?</i>
... the evening market?	<i>...guisherayin shoukan?</i>
... the morning market?	<i>... aravotyan shoukan?</i>
where can (I/we) sit?	<i>Vortegh karely e nestel?</i>
where's the toilet?	<i>Vortegh e zougarane?</i>
and	<i>yev</i>
made with	<i>ov</i>
with, in addition	<i>het, ee lroumen</i>
without	<i>arants</i>
I don't eat...	<i>(I/Yes) chem outoum...</i>
mustard	<i>mananekh</i>
vinegar	<i>katsakh</i>
garlic	<i>skhtor</i>
innards	<i>Porotik</i>
meat	<i>Mees</i>
pork	<i>Khoz</i>
salt	<i>Agh</i>
lamb	<i>Gar</i>
beef	<i>Tavar</i>
pepper	<i>peghpegh</i>
sugar	<i>Shakar</i>
honey	<i>megher</i>
I'm a vegetarian	<i>Yes boussaker em</i>
I can't eat spicy food	<i>Yes chem karogh ktsou outel</i>
beverage	<i>khmichk</i>
knife	<i>Danak</i>
fork	<i>patarakagh</i>
spoon	<i>Getal</i>
napkin	<i>Septoms</i>
baby chair	<i>erekhayi ator</i>
glass	<i>Gavath</i>
plate	<i>Apse</i>
bowl	<i>Bajak</i>

with ice	<i>sarouytsov</i>
without ice	<i>arants sarouytsy</i>
single portion	<i>mek bajin</i>
one, two, three, four, five	<i>mek, yerkous, yereq, chors, hing</i>
six, seven, eight, nine, ten	<i>vets, yot, ut, ine, tas</i>
one plate	<i>Mek apse</i>
two servings	<i>erkou spasq</i>
take away	<i>vertsrek</i>
Descriptive words	<i>Nkaragroutyoun</i>
cold	<i>sare</i>
hot (spicy)	<i>ketzou</i>
hot (temperature)	<i>tak</i>
hard	<i>kosht</i>
soft	<i>phaphouk</i>
large	<i>metz</i>
small	<i>poker</i>
salty	<i>aghy</i>
sour	<i>thethou</i>
spicy	<i>hamemvatz</i>
sweet	<i>kaghtser</i>
fatty meat	<i>youghot mees</i>
Cooking methods	<i>Patrastman eghanaknere</i>
baked	<i>tekhvatz</i>
grilled	<i>khorovatz</i>
boiled	<i>khashatz</i>
deep fried, pan fried	<i>tapakatz</i>
dry	<i>chor</i>
minced	<i>aghatsatz</i>
smoked	<i>tzkhetsratz</i>
pickled	<i>thethou dratz</i>
steamed, stewed	<i>shogekhashvatz</i>
stuffed	<i>letsonvatz</i>
Flavorings	<i>Hamemunqmer</i>
give me the condiments	<i>tevek indz hamemunknere</i>
salt	<i>agh</i>
black pepper	<i>sev pephpegh</i>
chili pepper	<i>karmir pephpegh</i>
sugar	<i>shakar</i>
vinegar	<i>katsakh</i>
oil	<i>dzeth</i>
mayonnaise	<i>mayonez</i>
mustard	<i>mananekh</i>
ketchup	<i>ketchoup</i>
lemon/lime	<i>kitron</i>
garlic	<i>skhtor</i>
ginger	<i>kotcha-pegh-pegh</i>
cinnamon	<i>darchin</i>
tomato paste	<i>tomath</i>

hemp seed	<i>kaneph</i>
cardamom	<i>hil</i>
sesame seed	<i>kenjouth</i>
sesame oil	<i>kenjouthy dzeth</i>
Leaves used as condiments	<i>Hamemounky kanachy</i>
basil	<i>rehan</i>
dill	<i>samith</i>
parsley	<i>maghadinos</i>
cumin	<i>chaman</i>
coriander	<i>hamem</i>
tarragon	<i>tharkhoun</i>
spinach	<i>spanakh</i>
sorrel	<i>avelook</i>
purslane	<i>dandoor</i>
black hornbeam	<i>bokhy</i>
nettle	<i>yeghinj</i>
water-cress, garden-cress	<i>kotem</i>
mint	<i>ananoukh</i>
thyme	<i>ourts</i>
convolvulus, dodder	<i>daghts</i>
celery leaves	<i>aghatkegh</i>
savory	<i>Tsitron</i>
Dairy	<i>kathnamterk</i>
milk	<i>Kath</i>
sour-cream	<i>thethvaser</i>
butter	<i>Karag</i>
cheese	<i>Panir</i>
margarine	<i>margarin</i>
curds	<i>kathnashor</i>
yogurt	<i>matzoun</i>
Oils and fats	<i>dzether ev yougher</i>
olive oil	<i>zeytouny dzeth</i>
sunflower oil	<i>arevatzaghky dzeth</i>
corn oil	<i>egiptatsoreny dzeth</i>
pork fat	<i>khozy tcharp</i>
sesame oil	<i>kenjouthy dzeth</i>
Vegetables	<i>Banjaraghen</i>
beet	<i>jakendegh</i>
cabbage	<i>kaghamb</i>
carrot	<i>stepgheen</i>
cauliflower	<i>tzaghkakaghamb</i>
celery	<i>Karavouz</i>
celery leaves	<i>karavouzy terev</i>
chili pepper	<i>karmir pephpegh</i>
corn	<i>yegiptatsoren</i>
cucumber	<i>varoong</i>
eggplant	<i>sembook</i>
green pepper	<i>kanach pephpegh</i>
jerusalem artichoke	<i>getnakhendzor</i>
lettuce	<i>marol</i>

potato	<i>kartofeel</i>
pumpkin	<i>dedum</i>
red radish	<i>karmir bokhk</i>
white radish	<i>spitak bokhk</i>
tomato	<i>lolik</i>
Grains and beans	<i>hatikaghen ev lobeghen</i>
beans	<i>lobeghen</i>
dried beans	<i>choratsrats loby</i>
fresh beans	<i>tharm loby</i>
peas	<i>volor</i>
dried peas	<i>choratsrats volor</i>
fresh peas	<i>tharm volor</i>
white beans	<i>spitak lobi</i>
red beans	<i>karmir lobi</i>
goris beans	<i>gorisi lobi</i>
chick peas	<i>siser</i>
green peas	<i>kanach volor</i>
black lentils	<i>sev vosp</i>
green lentils	<i>kanach vosp</i>
buckwheat	<i>hendkatsoren</i>
spelt	<i>hatchar</i>
bulgur	<i>belghoor</i>
wheat	<i>tsoren</i>
oats	<i>gary</i>
rice	<i>brindz</i>
Greens	<i>Kanachi</i>
basil	<i>rehan</i>
dill	<i>samith</i>
parsley	<i>maghadinos</i>
cumin	<i>chaman</i>
spicy herb	<i>hamem</i>
tarragon	<i>tarkhoun</i>
garden-cress	<i>kotem</i>
spinach	<i>spinach</i>
sorrel	<i>avelook</i>
purslane	<i>dandoor</i>
nettle	<i>yeghinj</i>
garlic	<i>sekhtor</i>
onions	<i>sokh</i>
spring onions	<i>kanach sokh</i>
globe onions	<i>spitak sokh</i>
leeks	<i>klor sokh</i>
pickled grape leaves	<i>thoup</i>
Mushrooms	<i>Soonk</i>
field mushroom	<i>shampinyon</i>
woodland mushrooms	<i>tzary soonk</i>
bolete	<i>spitak soonk</i>
chanterelle	<i>aghvesik</i>
orange-cap bolete	<i>karmraglookh soonk</i>
brown-cup bolete	<i>kechu soonk</i>

Fruit	Mirg
apricot (all sorts)	<i>tziran</i>
apple (all sorts)	<i>khendzor</i>
small green apple	<i>kanach khendzor</i>
pear (all sorts)	<i>tandz</i>
plum (all sorts)	<i>salor</i>
peach (all sorts)	<i>deghez</i>
lemon	<i>kitron</i>
orange	<i>narinj</i>
tangerine	<i>mandareen</i>
pomegranate	<i>noor</i>
melon	<i>sekh</i>
watermelon	<i>dzemerook</i>
banana	<i>adamathouz</i>
grapes (all sorts)	<i>khaghogh</i>
pineapple	<i>arkayakhendzor</i>
white fig	<i>spitak thooz</i>
fig	<i>thooz</i>
strawberry	<i>yelak</i>
white cherry (sweet)	<i>spitak keras</i>
black cherry (sweet)	<i>sev keras</i>
red cherry (sweet)	<i>karmir keras</i>
cherry (sour)	<i>bal</i>
black cherry (sour)	<i>shpanka</i>
red mulberry	<i>karmir thooth</i>
black mulberry	<i>sev thooth</i>
white mulberry	<i>spitak thooth</i>
blackberry	<i>mosh</i>
gooseberry	<i>kokrosh</i>
black currant	<i>sev haghharj</i>
red currant	<i>karmir haghharj</i>
raspberry	<i>mory</i>
garden strawberry	<i>getnamory</i>
Fish	<i>dzekneghen</i>
Trout (from lake)	<i>sevany ishkhann</i>
Trout (from river)	<i>jermuk karmrakhayt</i>
sig	<i>sig</i>
lobster	<i>khetsgetin</i>
canned fish	<i>dzeky pahatzo</i>
dried fish	<i>choratsrats dzouk</i>
caviar	<i>khavyar</i>
fish roe	<i>Dzeky khavyar</i>
smoked fish	<i>Tzekhetsvatz dzouk</i>
Poultry	<i>therchneghen</i>
chicken	<i>hav, tchut</i>
duck	<i>bad</i>
goose	<i>sag</i>
turkey	<i>hendoohav</i>
small birds	<i>therchnak</i>
quail	<i>lor</i>

sparrows	<i>tchentchghook</i>
liver	<i>lyard</i>
deep fried chicken	<i>tapaka</i>
roast chicken/duck	<i>havov khorovatz</i>
Pork	<i>khoz</i>
pork meat	<i>khozy mees</i>
fatty pork meat	<i>tcharpot mees</i>
crisp fried	<i>tapaka</i>
barbecued	<i>khorovatz</i>
ribs	<i>chalaghadj</i>
Mutton	<i>vochkhar</i>
lamb	<i>gar</i>
Game	<i>vorsy mees</i>
deer	<i>yeghneek</i>
rabbit	<i>tchagar</i>
bear	<i>arj</i>
turtle	<i>kerya</i>
Named dishes	<i>tchashatesakner</i>
Breakfast	<i>nakhatchash</i>
bread	<i>hatz</i>
lavash	<i>lavash</i>
boiled eggs	<i>khashatz havkith</i>
fried eggs	<i>dzevatzegh</i>
butter	<i>karag</i>
cheese	<i>panir</i>
sausages	<i>yershikeghen</i>
jam	<i>mouraba</i>
honey	<i>megher</i>
milk	<i>kath</i>
coffee	<i>sourtch</i>
tea	<i>they</i>
Soups	<i>apourner</i>
hot yogurt soup	<i>thanabour</i>
yogurt soup	<i>matzoun abour</i>
yogurt celery soup	<i>spas</i>
lentil soup	<i>vospov abour</i>
chick pea soup with pumpkin	<i>dedumov siserov abour</i>
meatball soup	<i>kelorikov abour</i>
chicken soup	<i>havov abour</i>
vegetable soup	<i>banjareghen abour</i>
beet soup	<i>karmir tag jakndegh abour</i>
Salads	<i>aghtsan</i>
Salad with dried beans	<i>lopy plaki</i>
bean salad	<i>lopy aghtzan</i>
cracked wheat salad	<i>tabouleh</i>
tomato salad	<i>marash aghtzan</i>
eggplant salad	<i>sempoog aghtzan</i>

potato salad	<i>getnakhendzor aghtzan</i>
shepherd's salad	<i>hovvy aghtzan</i>
beet salad	<i>jakendeghov aghtsan</i>
marengo (vegetable salads)	<i>marengo</i>
bean paste	<i>lobov pashtet</i>
tongue paste	<i>lezvov pashtet</i>
<i>Capital city</i> salad	<i>mayrakaghakayin</i>
Meat dishes	<i>meesov kerakour</i>
baked stuffed apricots	<i>tsirani dolma</i>
barbecued lamb	<i>shish kebab</i>
lamb-burgers	<i>losh kebab</i>
broiled lamb-burgers	<i>lule kebab</i>
stuffed meatballs	<i>karpet porov kufta</i>
stuffed lamb flank	<i>khabourga</i>
macaroni with ground meat and yogurt	<i>Mesov manti</i>
canoe-shaped dumplings filled with meat	<i>manti</i>
tass kebab with rice	<i>Plavov kyabab</i>
lamb cooked with yogurt	<i>kalajosh</i>
braised beef and lamb	<i>ghavourma</i>
lamb kidneys	<i>yeregamoonk</i>
eggplant with lamb kebab	<i>sempoog kebab</i>
lamb and barley	<i>keghkegh</i>
chicken with quince	<i>havov sergahfil</i>
zucchini with meat sauce	<i>meesov ddum</i>
okra with meat sauce	<i>meesov bamiya</i>
meat and potato casserole	<i>khema ev getnakhndzor poory</i>
Fish dishes	<i>Dzoukov kerakour</i>
baked fish	<i>dzouk</i>
smoked fish	<i>apkhtats dzouk</i>
Barbecued fish	<i>Khorovats dzouk</i>
Cheese dishes	Panirov kerakour
cheese spinach and noodle casserole	<i>panir spanagh yev yerishta</i>
cheese stuffed eggplants	<i>sempoog panir dolma</i>
Drinks	<i>khemichq</i>
fruit juice	<i>hyuther</i>
apricot juice	<i>tziran hyuther</i>
apple juice	<i>khendzor hyuther</i>
pear juice	<i>tandz hyuther</i>
plum etc.	<i>salor etc.</i>
peach	<i>deghdz</i>
orange	<i>narinj</i>
tangerine	<i>mandareen</i>
pomegranate	<i>noor</i>
banana	<i>adamathouz</i>
grape	<i>khaghogh</i>
pineapple	<i>arqayakhendzor</i>
thin yogurt	<i>tan</i>

milk	<i>kath</i>
coffee	<i>sourtch</i>
tea	<i>tey</i>
Herbal tea	<i>Thrum or busakan tey</i>
red wine	<i>karmir gini</i>
white wine	<i>spitak gini</i>
dry wine	<i>aganderayin gini</i>
sweet wine	<i>kaghtser gini</i>
cognac	<i>konyak</i>
vodka	<i>oghy</i>
beer	<i>garejoor</i>
mineral water	<i>hanqayin jerer</i>
most salty mineral water	<i>shat aghy hankayin jour</i>
medium salty mineral water	<i>mijin aghy hankayin jour</i>
least salty mineral water	<i>kich aghy hankayin jour</i>
Eggs dishes	<i>dzevov kerakour</i>
egg	<i>havkith</i>
plain omelet	<i>Sovorakan dzevadzagh</i>
scrambled eggs	<i>Haratz dzevadzagh</i>
Omelet with tomatoes, pepper and basil	<i>Lolikov dzevadzagh</i>
Omelet with sausages	<i>Yershikov dzevadzagh</i>
Omelet with green peas	<i>Kanach volorov dzevadzagh</i>
Omelet with mushrooms	<i>Soonkov dzevadzagh</i>
Herbs with onion and eggs	<i>Dzevov kanachy</i>
bulgur with eggs and tomatoes	<i>havgitov kufta</i>
Vegetarian or Lenten dishes	<i>bousakan kerakour</i>
celery stew	<i>kerevouz kerakur</i>
leek stew	<i>prassa</i>
squash	<i>ddumov kerakur</i>
tasty eggplant	<i>hamov sempoog</i>
lentils with apricots	<i>mushosh</i>
baked potato squares with fried mushrooms	<i>tapisov soonk ev kartofil poori</i>
Bread	<i>hats</i>
Armenian flatbread	<i>lavash</i>
Armenian bun bread	<i>Matnaqash,</i>
Bread of Hrazdan	<i>Hrazdany hatz,</i>
West Armenian roll	<i>Choerag</i>
Cracker bread	<i>Chor hatz</i>
Black bread	<i>Sev hatz</i>
White bread	<i>Spitak hatz</i>
Sesame bread	<i>Knjouthov hatz.</i>
Grandma's bread.	<i>Tatiky hatze</i>
yeast bread	<i>Khemorichov hatz</i>
pancakes	<i>Dzithablith</i>
Appetizers and snacks	<i>meza</i>
Dried beef	<i>Bastourma</i>
Spiced dried sausage	<i>Soujoukh</i>
fried cheese turnover	<i>tapakats panir.</i>

Stuffed grape leaves	<i>yalanchy sarma, dolma</i>
mixed pickles	<i>tourshi</i>
pickled peppers stuffed with chopped vegetables	<i>salamorah tourshi</i>
Pickles	<i>thethu</i>

Vegetables	Banjaraghen	
Tomato	Lolik	-----
Green pepper	Kanach peghpegh	-----
Red pepper	Karmir peghpegh	-----
Eggplant	Sembook	-----
Potato	Kartofeel	-----
Jerusalem artichoke	Getnakhendzor	-----
Carrot	Stepgheen	-----
Cucumber	Varoong	-----
Beet	Jakendegh	-----
White radish	Spitak bokhk	-----
Red radish	Karmir bokhk	-----
Celery	Qaravouz	-----
Cabbage	Kaghamb	-----
Cauliflower	Tzaghkakaghamb	-----
Pumpkin	Dedum	-----
Lettuce	Marol	-----
Maize, corn	Yegiptatsoren	-----
Beans	Lobeghen	-----
White bean	Spitak lobi	-----
Red bean	Karmir lobi	-----
Goris bean	Gorisi lobi	-----
Peas	Volor	-----
Chick peas	Siser	-----
Green peas	Kanach volor	-----
Black lentil	Sev vosp	-----
Green lentil	Kanach vosp	-----
Buckwheat	Hendkatsoren	-----
Spelt	Hatchar	-----
Bulgur	Belghoor	-----
Wheat	Tsoren	-----
Oats	Gary	-----
Rice	Brindz	-----
Green	Kanachi	-----
Basil	Rehan	-----
Dill	Samith	-----
Parsley	Maghadinos	-----
Cumin	Chaman	-----
Spicy herb	Hamem	-----
Tarragon	Tarkhoun	-----
Garden-cress	Kotem	-----
Spinach	Spinach	-----
Sorrel	Avelook	-----
Purslane	Dandoor	-----
Nettle	yeghinj	-----
Garlic	Sekhtor	-----

Onions	Sokh	----
Spring onions	Kanach sokh	-----
Glob onions	Spitak sokh	-----
Leek	Klor sokh	-----
Mushrooms	Soonk	-----
Field mushroom	Shampinyon	-----
Arboreal mushroom	Tzary soonk	-----
Boletus	Spitak soonk	-----
Chanterelle	Aghvesik	-----
Orange-cap boletus	Karmraglookh soonk	-----
Brown-cup boletus	Kechu soonk	-----
Fruit	Mirg	=====
Apricot (all sorts)	Tziran	-----
Apple (all sorts)	Khendzor	-----
Small green apple	Kanach khendzor	-----
Pear (all sorts)	Tandz	-----
Plum (all sorts)	Salor	-----
Peach (all sorts)	Deghdz	-----
Lemon	Kitron	-----
Orange	Narinj	-----
Tangerine	Mandareen	-----
Pomegranate	Noor	-----
Melon	Sekh	-----
Watermelon	Dzemerook	-----
Banana	Adamathouz	-----
Grapes (all sorts)	Khaghogh	-----
Pineapple	Arqayakhendzor	-----
White fig	Spitak thooz	-----
Fig	Thooz	-----
Strawberry	Yelak	-----
White cherry (sweet)	Spitak keras	-----
Black cherry (sweet)	Sev keras	-----
Red cherry (sweet)	Karmir keras	-----
Cherry	Bal	-----
Black cherry	Shpanka	-----
Red mulberry	Karmir thooth	-----
Black mulberry	Sev thooth	-----
White mulberry	Spitak thooth	-----
Blackberry	Mosh	-----
Gooseberry	Kokrosh	-----
Black currant	Sev haghharj	-----
Red currant	Karmir haghharj	-----
Raspberry	Mory	-----
Garden strawberry	Getnamory	-----
Fish	Dzekneghen	=====
Trout of Sevan lake	Sevany ishkhhan	-----
River Trout	Jermuk karmrakhayt	-----
Sig	Sig	-----
Lobster	Khetsgetin	-----

Poultry	Therchneghen	=====
Chicken	Hav, tchut	-----
Duck	Bad	----
Goose	Sag	----
Turkey	Hendoohav	-----
Small birds	Therchnak	-----
Quail	Lor	----
Sparrows	Tchentchghook	-----
Liver	Lyard	-----
Deep fried chicken	Tapaka	-----
Roast chicken/duck	Havov khorovatz	-----
Pork	Khoz	=====
Pork meat	Khozy mees	-----
Crisp fried	Tapaka	-----
Barbecued	Khorovatz	-----
Ribs	Chalaghadj	-----
Fatty pork meat	Tcharpot mees	-----
Mutton	Vochkhar	=====
Lamb	Gar	----
Game	Vorsy mees	=====
Deer	Yeghneek	-----
Rabbit	Tchagar	-----
Bear	Arj	----
Turtle	Kerya	-----
Dishes	Tchashatesakner	=====
Breakfast	Nakhatchash	=====
Bread	Hatz	----
Flat bread	Lavash	-----
Boiled eggs	Khashatz havkith	-----
Fried eggs	Dzevatzagh	-----
Butter	Karag	-----
Cheese	Panir	-----
Sausages	Yershikeghen	-----
Jam	Mouraba	-----
Honey	Megher	-----
Milk	Kath	----
Coffee	Sourtch	-----
Tea	They	----
Soups	Apourner	=====
Hot yogurt soup	Thanabour	-----
Yogurt soup	Matzoun about	-----
Yogurt celery soup	Spas	----
Lentil soup	Vospov about	-----
Chick pea soup with pumpkin	Ddumov siserov about	-----
Meatball soup	Kelorikov about	-----
Chicken soup	Havov about	-----
Vegetable soup	Banjareghen about	-----
Beet soup	Karmir tag jakndegh about	-----

Salads	Aghtsan	
Dried beans	Lopy plaki	-----
Bean salad	Lopy aghtzan	-----
Cracked wheat salad	Tabouleh	-----
Tomato salad	Marash aghtzan	-----
Eggplant salad	Sempoog aghtzan	-----
Armenian potato salad	Getnakhendzor aghtzan	-----
Shepherd's salad	Hovvy aghtzan	-----
Beet salad	Jakendeghov aghtsan	-----
Marengo (vegetable salads)	Marengo	-----
Bean paste	Lobov pashtet	-----
Tongue paste	Lezvov pashtet	-----
<i>Mayraqaghaqayin</i> salad	<i>Mayraqaghaqayin</i> salad	-----

Meat, fish dish	Meesov, dzoukov kerakour	
Barbecued lamb	shish kebab	-----
lamb-burgers	losh kebab	-----
broiled lamb-burgers	lule kebab	-----
stuffed meatballs	karpet porov kufta	-----
stuffed lamb flank	khabourga	-----
macaroni with ground meat and yogurt	mock manti	-----
small canoe-shaped dough, filled with meat	manti	-----
potted lamb	tass kebab with rice pilaf	-----
lamb-yogurt dish	kalajosh	-----
braised beef and lamb	ghavourma	-----
lamb kidneys	yeregamoonek	-----
baked fish	dzouk	---
lamb and barley	keghkegh	-----
chicken with quince	havov sergahfil	-----
bulgur with eggs and tomatoes	havgitov kufta	-----
cheese stuffed eggplants	sempoog panir dolma	-----
lentils with apricots	mushosh	-----
cheese spinach noodle casserole	panir spanagh yev yerishta	-----
eggplant with lamb	sempoog kebab	-----
baked stuffed apricots	tsirani dolma	-----
zucchini with meat sause	meesov ddum	-----
celery stew	kerevouz kerakur	-----
okra with meat sauce	meesov bamiya	-----
meat and potato casserole	khema ev getnakhndzor poory	-----
leek stew	prassa	-----
squash	ddumov kerakur	-----
tasty eggplant	hamov sempoog	-----
backed potato squares with fried mushrooms	tapisov soonk ev kartofil poori	-----

Drinks	Khemichq	
Juices	Hyuther	-----

Apricot	Tziran	-----
Apple	Khendzor	-----
Pear	Tandz	-----
Plum	Salor	-----
Peach	Deghdz	-----
Orange	Narinj	-----
Tangerine	Mandareen	-----
Pomegranate	Noor	-----
Banana	Adamathouz	-----
Grapes	Khaghogh	-----
Pineapple	Arqayakhendzor	-----
Watery yogurt	Tan	-----
Milk	Kath	-----
Coffee	Sourtch	-----
Tea	Tey	-----
Wine	Gini	-----
Cognac	Konyak	-----
Vodka	Oghy	-----
Beer	Garejoor	-----
Mineral waters	Hanqayin jerer	-----