

Dinner & A Book Recipes

Episode #1609 – The Georgian Feast

Herbed Potatoes and Eggs

- 1 lb. Yukon Gold potatoes
- 3 medium onions
- 3 T. chopped cilantro

In a saucepan heat 3 T. butter and oil. Add onions and potatoes. Add the chopped parsley and cilantro. When potatoes are cooked, add 2 beaten eggs to the mixture, some salt and pepper and Serve hot. Do not stir the eggs into the mixture.

Mushrooms in Cream

- 1 pound button mushrooms, sliced
- 1 medium onion, sliced
- 2 T. butter and oil
- 1 c. cream
- 2 T. chopped parsley and dill

Heat butter and oil in a saucepan. Add sliced onions and then the chopped mushrooms. Add salt and pepper

Slowly add the cup of cream and then the herbs.

Mtsvane Lobios Borani (green beans with yogurt sauce)

- green beans
- 1 onion, chopped
- 4 Tbsp butter
- ground cinnamon
- a pinch of ground cloves
- freshly ground black pepper
- finely chopped fresh herbs, including (purple) basil, tarragon, coriander/cilantro, dill, savory

Yoghurt dressing:

- 250 g strained Greek yoghurt
- 1 small garlic glove, minced
- 1/2 tsp salt

Garnish:

1 Tbsp fresh spearmint, finely chopped

Trim the beans, cut into 2 or 3 and blanch in a salted water for a few minutes or until al dente. Drain. (If you use frozen beans, then these are pre-cooked and just need to be defrosted.)

Heat the butter on a large frying pan/skillet, add the chopped onion and sauté till translucent. Add the pre-cooked beans, and then season with cinnamon, cloves, pepper. Fry gently on a medium heat, stirring every now and then, until the beans are fully cooked and soft.

At the same time prepare the yoghurt dressing. Place the minced garlic clove and salt into a bowl and pound into a paste. Mix with yoghurt. Put aside.

Add the chopped herbs to the cooked green beans, toss thoroughly and heat for another minute. Transfer the herbed beans into a serving bowl, drizzle the yoghurt dressing on top.

Garnish with mint. Serve hot or at room temperature.

<http://nami-nami.blogspot.com/2013/07/georgian-recipes-green-beans-with-herbs.html>

Sousi (hot beef stew)

- Ingredients:
- 2 pounds stewing beef, cut into 1-inch cubes
- 10 tablespoons (1 1/4 sticks) butter
- 3 medium onions, peeled and coarsely chopped
- 2 pounds potatoes, peeled and coarsely chopped
- 1 28oz can of tomatoes, diced (drained)
- 1 28oz can of tomatoes, pureed
- 2 bays leaves
- 4 cups chopped cilantro (1/4 pound)
- 4 cups chopped basil (1/4 pound)
- 1 green pepper, chopped
- 1 hot red or green pepper, chopped
- 1 teaspoon salt
- 1 cup water

Freshly ground black pepper

Directions:

In a dutch oven cook the meat, covered, over low heat until it begins to sweat

Without adding any liquid, braise the meat for about 10 minutes, stirring once.

Uncover the pan and turn the heat to high. Cook for another 10 minutes, until the liquid evaporates.

Add the butter at this point, and cook the meat over medium high heat for about 10 minutes more, stirring occasionally, until it browns. Next, add the onions and potatoes and cook for 5 minutes more.

Add the tomatoes along with the remaining ingredients, seasoning to taste with pepper. Mix well. Simmer, covered, for 1 hour.

<https://theglobalreader.com/tag/georgian-beef-stew/>

Khachapuri (cheese bread)

INGREDIENTS

- 1 cup milk
- 2 packages active dry yeast
- ½ teaspoon, plus 1 tablespoon, sugar
- 3 to 4 cups flour
- ¼ pound unsalted butter, cut into 8 pieces and softened to room temperature
- 1 ¼ pounds fresh mozzarella cheese
- ¾ pound fresh tangy goat cheese
- 1 egg
- Melted butter to brush on top

PREPARATION

Heat the milk to lukewarm (110 to 115 degrees).

Place a half cup of lukewarm milk in a small bowl and sprinkle the yeast and a half teaspoon of sugar over the milk. Stir to dissolve. Allow to sit for 10 minutes. Stir in the remaining milk.

Spoon three cups of the flour into a large bowl and make a well in the center. Add the yeast sponge, the remaining sugar and the butter. Stir with a wooden spoon until it is formed into a firm ball of dough.

Gather up the dough and scraps in the bowl and turn out onto a floured wooden board. Knead for about 10 minutes, adding more of the remaining flour to the surface as needed to prevent the dough from sticking. When the dough is elastic and no longer sticky, place in a greased bowl, turning the dough to grease it. Cover loosely with a kitchen towel and allow to rise until doubled in bulk in a draft-free place, one to one-and-a-half hours.

Punch the dough down with your fist and allow it to rise again until double in bulk, about 40 minutes.

While the dough is rising, prepare the cheeses. Grate the mozzarella coarsely, either in a food processor or with a hand grater. Crumble the goat cheese. Mix with egg, slightly beaten.

Preheat the oven to 375 degrees. Punch the dough down and roll out on lightly floured surface to a circle about 20 inches in diameter.

Fold the dough in quarters and place the point of the dough in the center of a nine-inch pan with an inch-and-a-half to two-inch sides. Unfold the dough, letting the excess hang over the sides. Spoon the cheese mixture onto the dough. Pick up the excess dough hanging over the edges and begin to pleat over the cheese. Make sure all pleats go in the same direction. Gather the ends of the dough in the center and twist into a small knob. Allow the dough to rest 10 minutes.

Brush the top of the dough with melted butter and bake in the center of the oven for about one hour, or until golden. Allow the bread to cool in the pan, on a cake rack, before serving. The bread may be served warm or at room temperature.

<https://cooking.nytimes.com/recipes/4666-khachapuri-georgian-cheese-bread>