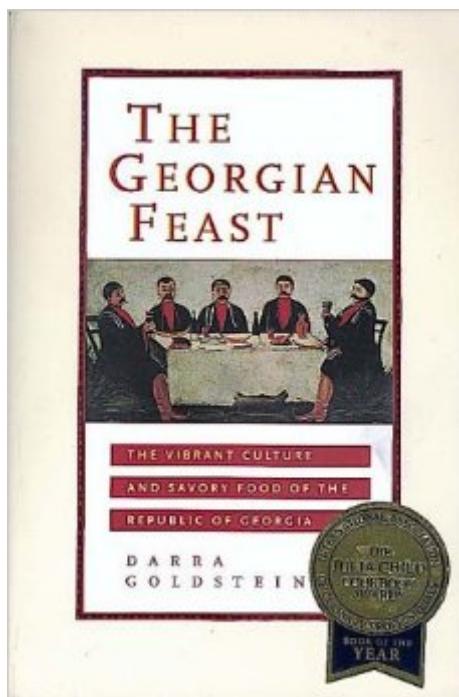


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# The Georgian Feast: The Vibrant Culture And Savory Food Of The Republic Of Georgia



## Synopsis

According to Georgian legend, God took a supper break while creating the world. He became so involved with his meal that he inadvertently tripped over the high peaks of the Caucasus, spilling his food onto the land below. The land blessed by Heaven's table scraps was Georgia. Nestled in the Caucasus mountain range between the Black and Caspian seas, the Republic of Georgia is as beautiful as it is bountiful. The unique geography of the land, which includes both alpine and subtropical zones, has created an enviable culinary tradition. In *The Georgian Feast*, Darra Goldstein explores the rich and robust culture of Georgia and offers a variety of tempting recipes. The book opens with a fifty-page description of the culture and food of Georgia. Next are over one hundred recipes, often accompanied by notes on the history of the dish. Holiday menus, a glossary of Georgian culinary terms, and an annotated bibliography round out the volume.

## Book Information

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## Customer Reviews

Thanks to some bright soul at UC Press, who probably had a Christmas list when the original went out of print, this best of all cookbooks for the area is again available. If you read through the reviews you'll see some confusion -- one reader wants mushroom Khimkali, another says she's wrong that there's no recipe-- Khimkali are dumplings and the recipe in the book is for (delicious!) meat, not mushroom, dumplings. It's also uncertain if Basturma, the marinated grilled meat recipes given, is the same as the un-marinated Mtsvadi two Georgian readers yearn for. If your mouth isn't watering yet, consider Fish with Pomegranate and Walnut sauce, succulent chicken sauteed in butter under a weight (one of the most useful techniques ever for game birds or less than tender backyard

chickens), green beans cooked over a lamb stew and pureed into it (a pearl beyond price for the gardener confronted with tough beans or the cook who finds only tasteless frozen beans at hand), stellar sweets --easy and exotic with many featuring fruits, --I've found something delicious and something easy in every chapter. For real enthusiasts and the congenitally curious there's much material about the way of life then and now in Georgia. Some unusual herbs are described accurately enough so that you can research them; common herbs are used by cupfuls and handfuls as in --Ms. Goldstein says-- the true Georgian cuisine, and, also as she says, have a completely different effect --another inspiration for exploration among the many you'll find in this book. This would make a great gift book, for those who already own it, or what the heck, get copies for yourself and your Christmas list!

As someone who was born and grew up in Tbilisi, I was very happy to find this book -- it captures all of my favorite recipes, and when I prepare them according to this book, they taste just like my grandma's cooking. More than just a recipe book, this is also an exploration into the rich history and culture of Georgia, and how the history shaped the cuisine. I suggest this book to everyone who would like to add some interesting preparations to their cooking. For vegetarians, Georgians have plenty of healthful and filling ways to prepare veggies and beans, and also some mouth watering sauces that will enliven any dish (veg or not). I enjoy this book both as a cook book, and as a historical book!

I am living in Tbilisi, Georgia and have a part-time cook. I've sat in the kitchen as she prepares dishes for me and basically followed along in the Georgian Feast. With very few exceptions (mainly the spices and herbs we cannot get in the US) her unwritten recipes follow quite closely the ones in the cookbook. The flavors and look of the food I've prepared myself using this cookbook are accurate in comparison to the food I've gotten here! This is a wonderful addition to any international cookbook collection!

This book is precious just by the fact that it exists! The recipes work amazingly well, directions are clear and easy. The sections on culture and customs are extremely helpful in understanding the roots and reasons behind the preparations and techniques. Highly recommended to anyone who knows and loves Georgian food or those trying to expand their culinary horizons.

This is a marvelous, utterly authentic encyclopedia of Georgian cooking. I tried some of the recipes

before leaving for Georgia in summer 2006, and they were great, and gave me a good idea of what to expect. Once in Georgia, the book was an invaluable reference that I constantly turned to whenever I tried something new. Just about \*everything\* I had is in here, along with many things I didn't get around to sampling. This book also helped me learn the correct Georgian names for the dishes and many of the ingredients. A significant portion of the book is devoted to providing cultural background on Georgia and Georgian food, such the elaborate rules for a tamada, or Georgian toastmaster. With its charming photos of representative paintings scattered generously throughout its pages, it also made me a Piroshani fan, and better able to appreciate the originals when I saw them for myself. Most importantly, as the other reviewers say, the recipes \*work\*. We just made the potato salad with walnut paste (p. 172), and it was delectable. Other dishes we have tried and like include tomato soup with walnuts and vermicelli (p. 73) and green beans with egg (p. 130). Pkhali was one of my favorite dishes in Georgia, and I'm glad to have the recipe for when I get around to making it myself. There is a recipe for beets with cherry sauce, a dish a travel companion had tried but that even some of our Georgian hosts weren't familiar with. For the few recipes that seem to be missing from this book, like eggplant with walnut paste, try Please to the Table: The Russian Cookbook, another excellent collection of delicious recipes from all the former Soviet republics. The Georgian Feast is well worth having even if you don't eat meat - many of the recipes are completely vegetarian. This book is a real treasure.

Having tasted authentic Georgian food, I feel confident saying that the recipes in this book make excellent reproductions of the real thing! Goldstein also gives a fascinating insight into the peculiar love of food and wine by the Georgians. Love the book, love the recipes! If you want some rich food that is different, try this!

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