

NOURISHING PEACE

Hearty recipes bridging communities from the Middle East to Eastern Europe

World Vision

ENOUGH



AN ENOUGH CAMPAIGN INITIATIVE BY WORLD
VISION MIDDLE EAST & EASTERN EUROPE

ACKNOWLEDGEMENTS

This cookbook was made possible through the rich contributions of World Vision's offices, project participants, and partners across the Middle East and Eastern Europe. We are deeply grateful to the entire World Vision family for their unwavering commitment to helping every child experience a happy, healthy, and fulfilling life – especially in contexts affected by conflict, violence, displacement, and climate change.

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World Vision is a Christian relief, development, and advocacy organisation dedicated to working with children, families, and communities to overcome poverty and injustice. Inspired by our Christian faith and values, we are dedicated to working with the world's most vulnerable people. We serve and collaborate with all people regardless of religion, race, ethnicity, or gender. The references to scriptures of faiths other than the Bible within this publication are provided by our partners, authors and contributors as examples of selected texts from religious traditions relevant to the specific context of different faiths where we work, and to the theme of this publication. Inclusion of these references in this publication is meant to appeal to communities of different faiths to help influence behaviour change for the well-being of children who live in these religious contexts and does not imply endorsement of these beliefs by World Vision International or its affiliates. All readers of this material are encouraged to receive these materials in a spirit of mutual cooperation to ensure the well-being of the most vulnerable children of our nations.

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The complete version of this cookbook featuring over 30 recipes from across 11 countries in the Middle East and Eastern Europe region will be available for purchase in December 2025.

*‘Here I am! I stand at the door
and knock. If anyone hears
my voice and opens the door, I
will come in and eat with that
person, and they with me.’*

– Revelation 3:20 (NIV)

A message of hope from **REGIONAL LEADER ELEANOR MONBIOT**

Eleanor Monbiot, OBE, has been World Vision's Regional Leader for the Middle East and Eastern Europe since 2020, overseeing emergency and long-term development programmes across more than 16 countries and territories.

Globally, the one thing that connects us all is food. Breaking bread with friends, colleagues, and communities around the world remains one of my greatest joys and privileges.

As Jesus taught us, let us open our table to the stranger, to the vulnerable and the marginalised, to strengthen our faith, our friendships, and our love for our neighbour. The act of eating together breaks down barriers, opens the door to stories, hopes, and dreams. It nourishes the stomach, heart, and soul, and most of all it nourishes peace.

I love to cook. It is my relaxation, my stress relief, my way of showing love. I also grow my own fruit and vegetables and enjoy nothing more than going out into the garden and being inspired by what is ready to pick.

Hating to see anything go to waste, I spend many happy hours preserving food through pickles and jams, and then gifting these when I visit someone's home, bringing some warmth and sunshine from my home to theirs. Across the Middle East and Eastern European, we are the source, transit, and destination countries for millions of



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children on the move. Most of whom have been forced to leave their homes due to conflict, economic necessity, and the climate crisis. They bring with them their culture and heritage which adds richness and flavour to those they meet along the way. We have sought to capture this culinary journey in this book.

For children to reach their full potential, good nutrition is paramount. Malnutrition results in physical and mental damage which can last a lifetime. World Vision's ENOUGH campaign seeks to ensure every child is provided with ENOUGH

quality food regardless of their circumstances.

This cookbook celebrates the wonderful experience of sharing food together through healthy, traditional recipes that highlight once again, that there is far more that connects us than divides us. Whether you are an experienced cook or a novice, there is something for everyone. Start cooking and share the joy with friends, family, and strangers to grow in hope, love, and peace.

Bon appetit, priyatno, sahtein!

Eleanor Monbiot

Breaking bread together, let's start off with a prayer...

At World Vision, our Christian identity is central to everything we do. We actively collaborate with faith leaders across the Middle East and Eastern Europe, and globally, recognising their significant influence within communities. Together with leaders from all faiths, we strive to address both the physical and spiritual needs of families and children, fostering community transformation and resilience.

For example, our *Celebrating Families* programme seeks to ensure that families, especially the most vulnerable ones, enjoy positive and loving relationships and are able to have hope and vision for the future. The programme equips communities, parents and caregivers, church and faith leaders, faith-based organisations with knowledge and skills to create a safe and nurturing environment that allows children to reach their full God-given potential in life.

Prior to writing this cookbook, we sat with Father Fady Joseph El Alam and Sheikh Fouad Ahmad Zarrad – who have both been engaged with World Vision in Lebanon – to discuss what food symbolises in both Christian and Muslim faiths. Together, they shared prayers of hope that speak of food as a divine gift, calling us to gratitude, fellowship, and compassion so that every table becomes a bridge of peace and community.

According to Father Fady and Sheikh Fouad, in both Christianity and Islam, food is far more than nourishment – it is a sacred gift from God, a sign of His provision, and a means of drawing closer to Him. The Bible and the Qur'an alike remind believers to receive food with gratitude, to recognise it as a blessing, and to share it generously with neighbours, the poor, and strangers. Meals become moments of worship and fellowship through gratitude and sharing food with others, particularly those in need, as an act beloved by God.

Both traditions teach that the table is not only a place of sustenance but also of community, compassion, and holiness. When we eat with thankfulness and extend what we have to others, food becomes a bridge – uniting us with God and with one another, offering hope for a world where no one sits hungry and every meal is shared in peace.



World Vision's ENOUGH campaign advocates for a world where every child enjoys ENOUGH nourishing food, allowing them to thrive and lead happy and fulfilled lives.

Father Fady Joseph El Alam

is a dedicated educator and advocate for inclusive education, with over 15 years of experience in teaching, school leadership, and community engagement. He currently serves as the Director of Saint Maron School in Baouchrieh, a position he has held since 2018. In 2017, he founded the Genius Association for Special Needs, a grassroots initiative committed to supporting children with disabilities and promoting inclusive learning environments.

Since 2017, Father Fady has been an active partner with World Vision Lebanon, collaborating on projects that integrate inclusive education and psychosocial support into community-based initiatives. Through this partnership, he has played a key role in mobilising local actors and faith leaders to support vulnerable children and promote social cohesion.

He holds a master's degree in Educational Administration and a bachelor's degree in Theology and Philosophy, both from USEK – Kaslik. Deeply rooted in his faith and social mission, Father Fady is known for his compassionate leadership, his unwavering support for children with disabilities, and his vision of a more inclusive and empowered society.



Heavenly Father,

We thank you for the gift of food, a reminder of your abundant provision and love. Just as you fed your people with manna in the wilderness and multiplied the loaves through Jesus, we trust in your faithfulness to nourish us.

Bless this food before us, that it may strengthen our bodies as your Word strengthens our souls. May every meal be an opportunity for gratitude, fellowship, and remembrance of Christ, the Bread of Life.

Help us to share with those in hunger, just as you have generously given to us. Teach us to honor you in what we eat, using our meals to glorify you and serve others.

As we partake, may we remember your sacrifice and the sacredness of Communion, where bread and wine symbolise your body and blood. Let our tables be places of joy, unity, and thanksgiving.

We ask this in Jesus' name, Amen.



Food is a blessing from God:

The Qur'an dedicates many verses to affirm that food is a divine blessing for humankind. God says: 'O you who believe, eat of the good things we have provided for you' (Qur'an, Al-Baqarah 2:172).

And: 'And eat of what God has provided you' (Qur'an, Al-Ma'idah 5:88). And: 'So eat of what God has provided for you, lawful and good, and give thanks for the blessing of God, if it is Him you worship' (Qur'an, An-Nahl 16:114).

Sharing food is an expression of social solidarity: The Qur'an and the sayings of the Prophet (peace be upon him) urge Muslims to share this blessing with others. God says:

'And they give food, despite their love for it, to the needy, the orphan, and the captive' (Qur'an, Al-Insan 76:8).

The Prophet (peace be upon him) said:

'In Paradise there are rooms whose inside can be seen from the outside and whose outside can be seen from the inside. God has prepared them for those who feed others.' (Authentic hadith reported by Al-Hakim). And he said to Abu Dharr: 'O Abu Dharr, when you cook broth, add more water to it and give some to your neighbours.' (Reported by Muslim).

And our final prayer is: All praise is due to God, the Lord of the worlds.

Sheikh Fouad Ahmad Zarrad

is a Lebanese Islamic scholar and public affairs advisor with over three decades of experience in religious, social, and philanthropic leadership. He holds bachelor's and master's degrees in Islamic Sharia, earned from the Islamic Sharia College and Al-Maqasid University respectively. He is also a university instructor. Fluent in Arabic and French, Sheikh Zarrad is also a certified trainer in charitable and social work.

He currently serves as a member of the Higher Islamic Sharia Council for a second consecutive term (2019-2023, 2023-present) and was the Special Advisor to the Prime

Minister of Lebanon on Religious and Social Affairs (2023–2025). He has also served as a trusted advisor to various civil society organisations on matters related to social cohesion and religious affairs.

Since 2022, Sheikh Zarrad has been an active partner with World Vision Lebanon, playing a key role in faith-based advocacy for child protection and psychosocial support. Throughout Lebanon's ongoing crises, he has used his platform and influence to raise awareness, mobilise communities, and promote the well-being of vulnerable children and families. His



strong engagement in interfaith collaboration and community outreach has contributed significantly to building resilience and social solidarity during challenging times.

Note: We want to ensure that all recipes in this cookbook can be enjoyed by everyone, including those who follow Islamic dietary guidelines. Halal refers to food prepared in line with Islamic dietary laws. This requires avoiding pork and alcohol, ensuring meat and poultry come from halal slaughter, and checking ingredients for hidden non-halal components such as gelatin or lard. All food should be prepared with clean equipment to prevent cross-contamination, allowing every recipe to be enjoyed in accordance with halal principles.

Ashkana Piaz

A simple and budget-friendly onion stew, easily made with whatever ingredients are on hand. In this version, eggs are added for extra protein. Often served with bread or rice, it's a simple yet deeply flavourful dish, celebrated for its comforting warmth and bold spices.



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Ingredients

- 2 medium onions, sliced
- 60 ml cooking oil
- 1 tsp turmeric powder
- 1 tsp salt
- 1 tsp red pepper powder
- 2 large or 3 small eggs

Servings: 4 to 6

Cooking directions

1. Heat the oil in a pot over medium heat, and sauté the onions for about 8 minutes until they are golden brown.
2. Add the turmeric powder and cook for another minute.
3. Add 2 cups of boiling water, cover, and cook on low heat for 20 minutes.
4. Crack the eggs in a separate bowl and whisk them, then slowly pour them into the stew while stirring.
5. Season with salt and red pepper.
6. Cook for another 5 minutes, and serve with fresh bread.

Nush-e jan! (Enjoy your meal!)

Mantu

A special occasion in Afghanistan is often celebrated with mantu – delicate, melt-in-the-mouth dumplings – filled with seasoned meat and served with yoghurt and lentil sauce. Mantu showcases the rich blend of Afghan flavours in every bite.

Ingredients

For dough:

- 1 egg
- 2 cups flour
- 1/2 tbsp salt
- 7 ml oil
- 1/2 cup of water

For dumpling filling and sauce:

- 250 g minced beef or lamb (or a mix of both!)
- 2 or 3 onions, diced
- 30 ml cooking oil
- 4 garlic cloves, grated
- 1 tsp salt
- 1 tsp red chilli powder
- 1 tsp turmeric powder
- 1/2 cup fresh coriander, finely chopped

- 1 cup cooked red lentils
- 30 ml strained yoghurt
- 15 ml tomato paste

Servings: 5 to 6



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Cooking directions

Preparing the dough:

1. Whisk the egg in a bowl and add water.
2. Mix in the flour, salt, and oil.
3. Knead the dough well, adding water as needed. Once it's ready, cover it with a plastic wrap or a cloth, and let it rest for 30 minutes.

Preparing the meat filling:

1. Sauté the diced onions in oil until soft.
2. Add 1 tsp of grated garlic, then the minced meat and spices (salt, chili, and turmeric, 1/2 tsp each). Cook until browned.
3. Mix in half of the chopped coriander.

Preparing the yoghurt sauce:

1. In another bowl, mix the yogurt with 1 tsp of garlic, and salt.

Preparing the dumplings:

1. Divide the dough, roll one part into a thin layer, and cut in about a dozen palm-sized circles.
2. Add 1 tbsp of meat filling to each dough circle, seal the edges into dumpling form, and oil the exterior lightly.
3. Steam the dumplings gently for one hour.

Serving with lentil sauce:

1. Fry 1 tbsp of garlic in oil, then add the cooked lentils, spices (salt, chili, and turmeric, 1/2 tsp each), and tomato paste; simmer for 5 minutes on medium heat.
2. Spread the yoghurt mix on a plate.
3. Place 2-3 dumplings on top, drizzle with lentil sauce.
4. And lastly, garnish with some fresh coriander.

Enjoy!

COOKING FOR CHANGE: Mothers transforming child nutrition in Ghor



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In the remote villages of Dawlatyar district of Ghor province, Afghan mothers face immense challenges in ensuring their children are well-nourished. Poverty, climate shocks, limited access to healthcare, and preventable diseases such as diarrhoea and pneumonia make feeding young children a daily struggle.

Zarmina, a mother of three including an 18-month old, recalls a time when she would feed her children just twice a day alongside other family members, without preparing meals specifically suited to their nutritional needs.

‘Previously, we would not prepare special food for our young children,’ she says, ‘but now, we know how often to feed our children and how to cook nutritious meals specifically for them.’

Recognising that food availability alone was not enough to combat child malnutrition, [World Vision Afghanistan](#) introduced innovative food demonstration sessions in Dawlatyar as part of a project funded by World Vision New Zealand. These sessions, held through World Vision’s local health centre, are designed to teach mothers practical skills for preparing nutritious, child-appropriate meals using locally available ingredients.

Initially, each session invited one mother to bring household staples like lentils, chickpeas, or beans. A nutrition nurse would demonstrate how to transform these items into nutrient-rich meals suitable for young children. Subsequent sessions encouraged shared learning, with different mothers bringing various ingredients to build collective knowledge. The impact of World Vision’s

health centre in Dawlatyar extends beyond cooking. In its first year, the centre treated 401 moderate and 79 severe malnutrition cases, achieving a treatment success rate above 90%. More importantly, behaviour change is evident with over 70% of participating mothers such as Zarmina, now demonstrating improved knowledge of appropriate child feeding practices, contributing to a visible decline in local malnutrition rates.

Zarmina’s story exemplifies the transformative power of knowledge sharing and community-led solutions. Through World Vision’s hands-on guidance, she has gained the skills and confidence to nourish her children effectively, allowing them to lead health childhoods and thrive.



Savoury cornbread pie

A rustic staple in many Albanian households, this savoury cornmeal pie – known by names like pispili, brushtull, or shapka – features a hearty mix of seasonal greens and herbs. Naturally gluten-free and nutrient-rich, it brings wholesome flavour and tradition to every plate.



Ingredients

- 500 g fine cornmeal
- 500–700 g fresh spinach and wild herbs, cleaned and chopped
- A handful of each of fresh dill, parsley, and mint, cleaned and chopped
- 5 to 6 stalks of spring onions, sliced
- 3 garlic cloves, minced
- 3 eggs
- 60 ml olive oil
- 45 ml of melted butter (optional)
- 2 large or 3 small eggs
- Salt and pepper to taste
- Warm water (to moisten dough)

Servings: 4 to 6

Cooking directions

1. In a large bowl, combine the chopped spinach, wild herbs, dill, parsley, mint, spring onions, and garlic.
2. Add the eggs, olive oil, (optional melted butter), salt, and pepper to taste. Mix well.
3. Stir in the cornmeal and mix until well combined. Traditionally in Albania, this step is done by hand to ensure everything is evenly incorporated.
4. Gradually add warm water while mixing, until the mixture forms a soft, pliable dough that is not too dry and not too sticky.
5. Press the dough evenly into a greased baking pan.
6. Brush the top with olive oil or melted butter and bake at 180 °C for about 60 minutes, or until golden brown.
7. Let it cool slightly, then slice and serve. It is best enjoyed with soft and crumbly cottage cheese also known as gjizë in Albania.

Oshaf

A naturally sweet dessert that blends the rich flavour of dried figs with the creaminess of milk, creating a wholesome and silky treat loved by children and adults of all ages!

Ingredients

- 2 cups fresh milk (traditionally sheep's milk, but cow's or goat's milk works too)
- 10–12 dried figs, cut in halves or quarters if large.
- A pinch of ground cinnamon
- 1 tsp cornflour (optional, for a thicker texture)

Servings: 5 to 6

Cooking directions

1. Cut the figs into small pieces and soak them in a bowl of hot milk.
2. Mash or blend them until they form a smooth paste.
3. Add the fig paste to the remaining hot milk and stir well to combine. The figs will naturally help thicken the mixture, giving it a pudding-like consistency as they soften and break down.
4. Optional, for a thicker texture, dissolve the cornflour in a few tbsps of cold milk, then stir it into the mixture.
5. Pour the mixture into 5 or 6 small cups. Let them cool at room temperature, then refrigerate until chilled.
6. Last but not least, sprinkle with ground cinnamon before serving.

Ju bëftë mirë! (Enjoy your meal)



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FROM STRUGGLE TO SUSTENANCE: Franci's family and the gift of a cow



©World Vision Albania

In the village of Katund Sukth, Durrës, six-year-old Franci starts each day with a glass of fresh milk, running to the family shed to play with their cow and the newborn calf. For Franci and his three brothers, the cow is far more than a farm animal – it is a source of nutritious food, security, and hope. 'There's nothing like home-made yoghurt,' Franci says with a bright smile, reflecting the joy and stability the cow brings to his household.

Before joining World Vision's project, Franci's family struggled to make ends meet. With four small children, elderly parents living with them, and a paralysed grandmother, the father, Artan, juggled construction work, farming, and occasional jobs abroad, yet the family remained vulnerable.

'We simply couldn't cope. We had a cow before, but when it got sick, we had no means to replace it. It wasn't just an economic problem; it was about survival,' he recalls.

Everything changed when they joined World Vision Albania's Empowering Families through Livestock: A Journey of Hope and Prosperity project, funded by World Vision US. The family received a high-quality Danish cow, a rebuilt shed, feed, veterinary support, and training in livestock care. 'World Vision helped us with everything. Through the training, I've learned how to feed the cow properly, care for its health, and keep the shed clean,' Artan explains, already planning to grow the herd and invest in their land.

The project is more than a livestock donation – it is a holistic intervention to strengthen household economies, improve child nutrition, and create sustainable livelihoods.

So far, 30 families have received cows, and 40 more families received a total of 222 Alpine goats, aiming to benefit 620 children and 200 households in the Durrës area.

For Franci and his family, the cow represents nourishment, and the promise of a brighter future – a simple gift that has transformed their daily life, giving them both sustenance and hope. With every glass of fresh milk and homemade yoghurt, the family's confidence grows, and their children are healthier and happier.



Meet superstar Armenian Chef

SHAGHIG DER-VARTANIAN



Shaghig, known online as 'yummy_by_shagh,' is a TV chef, culinary expert, and passionate restaurateur with a focus on Mediterranean, Armenian, and international cuisine. With a background in nutrition and a deep love for cooking, she is committed to creating dishes that are not only delicious but also lighter and more balanced. Her culinary journey has been shaped by the rich traditions of her family and community in Armenia, further refined through years of research and international travel.

Today, Shaghig is celebrated for her ability to blend authentic recipes with her own creative touch. She is the founder of Shaghig, one of Yerevan's most popular restaurants, where her innovative take on Armenian fusion cuisine continues to delight and inspire.

In 2025, Chef Shaghig decided to partner with World Vision Armenia to raise awareness about the ENOUGH Campaign, and the right of every child to have access to healthy and nutritious food. Read what she has to say about what inspired her to collaborate with World Vision.

Becoming a chef was never just a career choice – it was a calling, deeply rooted in my identity, culture, and soul. I grew up in warm, traditional Armenian kitchens where every ingredient had a memory, and every dish carried the wisdom of generations. The kitchen was the heart of our home, where joy and resilience were stirred into every pot. I did not choose food only as a profession – I chose it as my voice. Cooking became the way I tell stories, preserve our heritage, and build bridges between people and generations. Over time, I realised I was not just a

storyteller through food – I was an artist, a healer, a connector. Through flavours and textures, I try to spark memory and imagination, to reimagining it for the future.

This passion eventually led me to open Shaghig – my restaurant, my name, and truly, my soul. In Armenia, the name has come to symbolise warmth, light, and honest, soulful food. At Shaghig, each plate is a story – a celebration of traditional Western Armenian and Mediterranean cuisine, served with heart and intention.

In Armenian culture, food is sacred. It is how we express love, offer respect, and create a sense of belonging. Whether it is delicate manti shaped by hand, or dolma filled with care, these aren't just meals. They are shared rituals – acts of love passed from hand-to-hand, and heart-to-heart.

When I received the offer to be part of World Vision Middle East and Eastern Europe's ENOUGH Campaign cookbook initiative, I found myself wondering which recipes I should share. At that very moment, I happened to be preparing my rustic meat and potato stew – a dish built piece by piece, each layer carefully added to create something whole, comforting, and deeply nourishing.

Suddenly, it struck me: this dish perfectly embodies World Vision's work. Just as I build the stew one ingredient at a time, World Vision builds hope and resilience piece by piece, community by community, family by family.

Every small act, every helping hand, every kind gesture is like an ingredient, slowly filling the circle of warmth, safety, and togetherness.

The daily investments of each of us must become part of this greater wholeness, helping to create a world where every child and every family feels cared for and included – where they, too, can taste the comfort of belonging.

This deep belief in the power of sharing and community is what drew me to World Vision. Their mission to uplift and



protect children and families resonates deeply with the values I hold most sacred: compassion, dignity, and the transformative power of giving.

What moves me most is that World Vision doesn't just provide – they empower. They reach the most vulnerable with care and respect, not as an act of charity, but as an act of justice and love.

When I heard about the ENOUGH Campaign, I felt a powerful connection to its message. It's not just about feeding hungry bodies, but about nourishing hope, dignity, and futures.

Through this campaign, through every recipe and every story, we are saying: ENOUGH. Enough hunger, enough invisibility, enough suffering. There is enough food to feed all those in need if we just work together hand-in-hand. Together, we are not just feeding children and families, we are feeding futures.

Thank you for joining us on this important journey,
Shaghig Der-Vartanian

Chef Shaghig has generously shared two of her signature, mouth-watering recipes for our cookbook. We hope they bring as much joy to your kitchen as they do to hers!

Shaghig's Lentil Patties

A beloved staple of Armenian cuisine, this humble, plant-based dish, has been passed down through generations. It holds a special place at the table, especially during Easter and family gatherings, and is deeply rooted in Armenian hospitality. This is my family's cherished recipe, a Western Armenian classic that celebrates both simplicity and tradition.



©Shaghig Der-Vartanian

Ingredients

- 1 cup red lentils
- 1/2 cup fine bulgur
- 3 large onions, finely chopped
- 1/4 cup olive oil
- 1 tsp ghee (optional)
- 1 tbsp paprika powder
- 1 tsp red pepper paste
- 1 tsp ground cumin
- 1/2 tsp salt
- Fresh parsley and green onions, finely chopped (for garnish)

Servings: 5 to 6

Cooking directions

1. Cook the lentils in 2 ½ cups of water for about 20 minutes, until soft.
2. Remove from heat, stir in the bulgur, cover, and let it absorb the remaining liquid.
3. Meanwhile, sauté the onions in olive oil (and ghee, optional) until golden and fragrant.
4. Add the onion mixture and all spices to the lentil-bulgur base. Mix well.
5. Shape the mixture into finger-shaped patties.
6. Finish with a generous sprinkle of diced fresh greens.

Lentil patties are traditionally served with tan (Armenian savoury yogurt drink), and a side of tangy, fresh, and crisp greens salad. Bari akhordzhak! (Bon appétit)

Shaghig's Meat and Potato Stew

This rustic Armenian-style stew is bold, hearty, and full of flavour. Layers of spiced meat and potatoes make it a go-to dish in our kitchen – perfect for when we're craving something comforting, filling, and fuss-free.



Ingredients

- 5–7 potatoes, sliced
- 1 kg minced beef, also arranged in slices of similar size
- 6 garlic cloves, minced
- 1 tsp cumin
- 1 tsp coriander
- 1 tsp cayenne pepper or paprika powder
- ½ tsp ground black pepper
- 1 tbsp red pepper paste
- Some grated nutmeg and ginger
- Salt to taste

For the sauce:

- 2 tbsp tomato paste
- 1 tbsp red pepper paste
- ½ tsp ground black pepper
- 3 garlic cloves, minced
- 2 cups of water

Servings: 6 to 8

Cooking directions

1. In a bowl, mix all of the ingredients for the sauce.
2. Then layer the meat and potato slices alternately inside a pan or baking tray, arranging them in neatly overlapping concentric circles or linear patterns.
3. Pour the sauce over them. Cover and cook on your stovetop over low heat for 30 minutes, then transfer the pan to the oven for 20 more minutes until golden and tender.
(You can also prepare it entirely in the oven or stovetop – whichever suits your kitchen).
4. Serve hot with rice pilaf, seasonal vegetables, and a chilled glass of Tan (Armenian savoury yogurt drink).

A simple, flavourful dish that reflects the heart of everyday Armenian cooking. Enjoy!

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