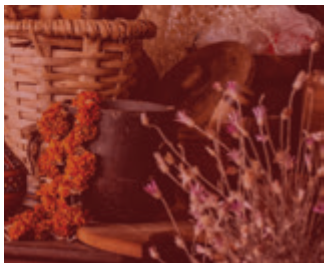


FLAVOURS OF SAMEGRELO

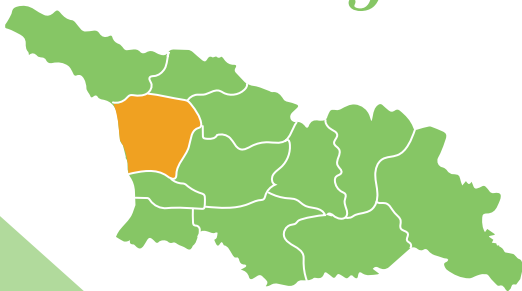
In the Arena of Unique Georgian Taste...



Samegrelo-Zemo Svaneti
Seek Adventure, Discover Legend



Georgia, Samegrelo



Megrelian Cuisine

Georgian traditional cuisine clearly reflects the rich history of the country, cultural influences of East and West, contrasting nature and ethno character. Every corner here has its own unique cuisine and tastes.

The main destination for Georgian cuisine is in Samegrelo! Megrelian gastronomy is distinguished by its variety of dishes, unforgettable aromas, and strong contrast of tastes. The main secret of the uniqueness of Megrelian cuisine is the local spices and the Colchian traditions of centuries-old recipes.

Megrelian cuisine attracts gourmands of all tastes. It is possible here today to taste authentic dishes as well as discover contemporary variations of traditional tastes.



15 Prominent Megrelian Dishes

*Herbs,
Spices and More*



Megrelian Ajika



It is a well-known fact that the residents of Samegrelo were fighting malaria with the hot spices of Ajika for hundreds of years...

About 60 varieties of Ajika are used in Megrelian cuisine. It is made with a special recipe and creates a beneficial harmony for health with the combination of useful products.

Megrelian Ajika, a mix of spices and herbs, is a monument of intangible cultural heritage.



Kharcho

Walnut Kharcho is a distinguished hot dish of Megrelian cuisine.

The walnut sauce, beef, and dried and powdered herbs-spice mix is a real celebration of flavors.

Kharcho is prepared mostly during the cold days of winter in Samegrelo.



Satsivi



The real wonder of Megrelian cuisine is Satsivi.

The main ingredients of Satsivi are turkey meat and walnut.

Special guests are served this dish in Samegrelo, and it is an integral part of every holiday.





Kupati

This dish is characterized by a perfect combination of hotness and smoked flavors.

Kupati is made from the heart and liver of pork and seasoned with spices.

Kupati is particularly good with Megrelian wine.



In the process of preparing Kuchmachi, the oldest habits that still exist in Samegrelo are knitted in. The traditional Megrelian Kuchmachi is hot and flavored. Kuchmachi is made with the heart and liver of beef or pig, onions, pomegranates, red peppers, and other spices. Megrelian Kuchmachi is also known in Samegrelo by the name “Jurjani.”



Megrelian Kuchmachi

Cheese Products



Sulguni

The first Suluguni was probably made by Megrelian shepherds. In Megrelian cuisine, there is strong emphasis on milk and dairy products. In the Megrelian language, "milk" and "sun" are even called by the same name.

Suluguni without salt is made with new cheese. New cheese is put into hot water in pieces and stirred. Then it is brought out and given the appropriate shape. However, only the Megrelians possess the secret recipe for making Suluguni, and only Suluguni that they serve has that exact taste that it should have!

Suluguni is called "Selegini" in Megrelian, which means "smooth surface." Etymology thoroughly illustrates this outstanding product of Megrelian cuisine.



Megrelian Khachapuri

Of the various styles of Georgian Khachapuri, one of the most distinguished is Megrelian Khachapuri. That's why in October every year, Samegrelo hosts the famous Khachapuri Festival. Megrelian khachapuri is made from bread flour and different kinds of Megrelian cheese. Milk, boiled butter, eggs, and yeast are added to dough. It is especially tasty when baked on a pan.

The Khachapuri tradition is a monument of Georgia's intangible cultural heritage.



Elarji

Elarji is a product of Megrelian shepherds. This dish, made from Ghomi and freshly-made Sulguni, has a special taste and is very nutritious. The length of the stretched Elarji can reach several meters. Traditionally this dish was prepared for respected guests in Samegrelo.



Gebzhalia



It is a very light and airy dish that is considered a dish of the gods in Samegrelo.

Gebzhalia is a harmony of cheese, peppermint, and other aromatic herbs. It is especially tasty with Ghomi! If every dish has its “kindred dish” in another culture, it’s hard to find an analogue of Gebzhalia elsewhere.



Kvarabia (*Kvalam kvari*)

Megrelian Kvarabia are cakes with cheese boiled in milk, which are ritual dishes and have the shape of a full moon. It is called a noble dish.

Serve with sour cream with Georgian yogurt.



Cereals

Ghomi

In the seventeenth century, before travelers brought maize seeds to Samegrelo, Ghomi was made from Ghomi seeds. Today, Ghomi, which creates an excellent match with Megrelian Suluguni, is made from maize. The seeds are ground and sifted into coarse-ground flour, which is then washed in cold water and boiled. The boiled mass of maize flour is then mixed with pure flour.

In Samegrelo, Ghomi is as important as bread elsewhere.





Megrelian Chvishtari

Chvishtari is of Svan origin and is traditionally made with cheese and maize flour.

However, Megrelian character and the harmony of mysterious ingredients added to these ingredients creates the wonderful aroma of Megrelian Chvishtari.

The airy mass of Chvishtari is distinguished by sour and sweet aromas.

Desserts

Pelamushi is real delicious food of Megrelian cuisine. The combination of aromatic grape juice, honey, and flour can really create a celebration of taste.

Pelamushi



Tklapi (Tiliskveri)

Tklapi is the sweetest and most colorful dish. It is made from thin layers of fruit jam dried in the sun. Tklapi is very aromatic and at the same time, very beneficial for health, especially in winter.



Dried fruit

Dried Fruit is healthy, natural, and delicious. The tradition of its preparation has a long history in Samegrelo. Here, mainly dried Hyakume persimmon and Persimmon are popular, which are made in a natural way, without any additives.



A photograph of a wine cellar. The walls are made of rough-hewn stone. In the foreground, several wooden racks hold wine barrels. In the background, more racks hold wine jars. The lighting is warm and golden.

Beverage

Megrelian Wine

Georgia is an ancient winemaking country. The wine vessels found here date back more than 8,000 years and point to the high culture of winemaking in Georgia at that time. The tradition of making the wine in a wine-jar (set into the ground) is unique and that is why UNESCO has granted it the status of an intangible cultural heritage. Samegrelo is one of the oldest centers of winemaking in Georgia. The first mentions from ancient sources refer to Colchis wine, which is confirmed by archaeological materials.

Megrelian wine has characteristic, tasteful properties and aromas. Due to different climatic zones and soil characteristics, two types of vine cultivation are common in Samegrelo: lowland and highland (vine is mainly planted on trees or pergolas). More than 40 unique vine varieties are known in Samegrelo. Restoration and popularization of Megrelian vine varieties is underway today in Samegrelo. Unique Megrelian vine varieties include Khardani, Ojaleshi, (the same Shonuri), Koloshi, Machkvaturi, Chvitiluri, Pane-shi, Chechipeshi and others.





Famous historians and scholars have written about the quality and distinct features of Megrelian wine. In the mid-17th century, the French traveler Jean Chardin believed that Megrelian wine was the best around Asia. The Consul of France to Tbilisi, Jean-Francois Gamba, described Megrelian wine as the best when describing his trip to Georgia in 1820s. Swiss historian Frederic DuBois de Montperreux believed that the best wine was produced on the southern slopes of the Caucasus, located in Samegrelo.



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