



Food and Agriculture
Organization of the
United Nations



Mountain Recipes

COOKS IN HIGH PLACES : MOUNTAIN SPECIALTIES



Mountain Partnership



Mountain Recipes

COOKS IN HIGH PLACES: MOUNTAIN SPECIALTIES

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Introduction

Mountains give us life. They are home to diverse varieties of food - from potatoes to quinoa to mushrooms. Mountain products are produced on steep slopes in harsh climates, which means that they are often available only in small, precious quantities. In this recipe book, we feature the top 30 recipes from the International Mountain Day 2019 contest, organized by the Food and Agriculture Organization of the United Nations (FAO) and the Mountain Partnership Secretariat to help promote mountain products and cultural traditions. Over 70 entries were received from 27 countries. The winner was Ashmita Lama from the Sinja Valley in Nepal, whose recipe is featured in this book. Her Jumla beans carry the Mountain Partnership Products narrative label, which tells the story of the product and producer and works to boost the income of farmers in remote mountain regions.

As you cook these recipes, we hope that they will remind you the role that mountains play in our food, our cultures and our daily lives. Snap a picture of your finished dish and share on social media with the hashtag [#MountainsMatter](#).

I was born and raised in the Alps, and this spectacular landscape still has a strong hold on me; in the mountains, I feel at peace. When I was 20 years old, I left my valley to be a chef in many kitchens in Italy and abroad. After five years, I earned a Michelin star - but the mountains were calling me home, so I went back.

Mountains have always been challenging environments: their steep slopes, harsh climates and remoteness put stress on mountain communities. Their remoteness, however, has enabled these communities to largely avoid industrial agriculture and chemical fertilizers. A sense of purity remains in the mountains, which is reflected in the food. Products are local and simple cooking techniques are maintained throughout many generations.

Since I was a child, I cooked traditional mountain recipes with my grandmother. Today, I revitalize these traditions, foraging mountain herbs, raising indigenous breeds of sheep and chickens, and using local ingredients at my restaurant.

Today, the world faces important questions about the kind of food we eat and where it comes from, which we know impacts many aspects of our life and the environment. Mountain food culture, with its simplicity, symbiosis with nature and strong ties to tradition, should be a starting point for building more sustainable food systems and a more sustainable future.

Juri Chiotti

Slow Food activist and chef



Starters




Mountain Recipes

AJÍ CRIOLLO

Ingredients • Serves 2

- 2-3 ajies
(chili peppers)
- Dock leaves
- 1 large onion
- Cilantro
- Salt

Instructions

1. Wrap two or three peppers in the dock leaves. Steam for 15 minutes or until the skin begins to peel off.
2. Remove from heat then peel and remove the seeds.
3. Macerate the onions and add a pinch of salt in a separate bowl.
4. Finely chop the cilantro and add to the mix. Add water if the mix is too thick.



AJÍ CRIOLLO

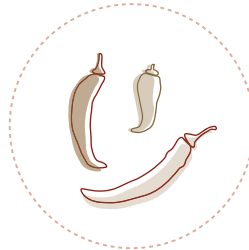
This spicy recipe includes local varieties of peppers and other ingredients obtained from the incredibly biodiverse high Andean region of Sumapaz, south of Bogota, Columbia. Despite being near the country's capital, this rural area is the world's largest páramo (alpine tundra) ecosystem. By cooking traditional recipes and using local products, peasant families in this area are preserving local biodiversity and renewing their gastronomic culture.

The photo of the recipe was taken during a research project on biocultural diversity in rural areas of Bogota, funded by the Cultural Heritage Institute of the Colombian capital. The research team included Stefan Ortiz, Cristina Consuegra, Darío Pérez and María Clara van der Hammen.



COOK

*Stefan Ortiz
Przychodzka*



MOUNTAIN PRODUCT

*Andean chili
peppers*

*Follow the
Mountain Partnership*





SIDDHUS

THE TRADITIONAL FOOD OF KULLU VALLEY

Ingredients • Serves 2

- 1 tbsp yeast
- 400g wheat flour
- 200g poppy seeds, soaked for one hour
- 20g coriander
- 10 pieces of walnut
- 2 tsp salt
- 2 pieces of green chili
- Ghee

Instructions

1. Mix one tablespoon of yeast, 400g of wheat flour and water to make the dough. Leave for three hours. Cover the dough with a blanket so that the heat is conserved and fermentation is accelerated.
2. To make the stuffing, grind the poppy seeds, walnuts, green chili, coriander and salt into a paste.
3. Press the dough into small circles and fill around two tablespoons of paste into it. Shape it as shown in the photograph.
4. Steam for 30 minutes and serve with ghee or chutney.



SIDDHUS

THE TRADITIONAL FOOD OF KULLU VALLEY

People in Kullu valley prepare this type of bread in the winter and enjoy it with family. It is often served to guests during fairs and other functions. Whenever people prepare it at home, they may serve it to neighbors as a token of love.

This recipe spreads the feeling of unity and love among the people of Kullu. This recipe is both delicious and highly nutritious. The grinded paste inside the dough is a rich source of protein, vitamins and minerals. The dough is fermented prior to steaming, which provides vitamin B. The ghee is a rich source of fats.



COOK

Hitul Awasthi



MOUNTAIN PRODUCT

Walnuts

*Follow the
Mountain Partnership*





GILMINDI

Ingredients • Serves 2

- 350mL cold milk
- 2 tbsp sugar
- 2 tbsp flour
- 120g flour
- 1 tsp salt
- 10g walnut oil
- Peanut butter for roasting
- 5-6 tbsp crushed nuts for sprinkling

Instructions

1. Make the sauce by combining milk, sugar and flour in a saucepan, stirring on low heat until it thickens.
2. Combine flour, salt and cold water to form a smooth dough.
3. Flatten and form into disks, then fry in walnut oil until brown on both sides.
4. Top with peanut butter, milk sauce and crushed nuts.



GILMINDI

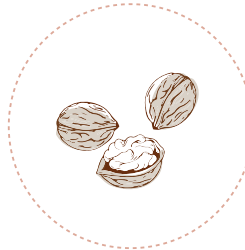
Gilmindi is a fried homemade flatbread common in Central Asia. It is a dish that can be found in southern Kyrgyzstan, namely in the Jallalabad region. Gilmindi is especially popular in the village of Arslan-Bob.

This village is in the Chatkal mountain range and has a large wild walnut forest. Arslan-Bob is well-known for its ancient walnut fruit, the oil of which is utilized in this recipe. Though made from just a few simple products, this recipe is very nutritious and full of protein.



COOK

Vladislav Ushakov



MOUNTAIN PRODUCT

Walnut oil

*Follow the
Mountain Partnership*





CAPUNS

Ingredients • Serves 4

- 150g white flour, sifted
- A pinch of salt
- 500ml milk
- 2 eggs, whisked
- 20g salsiz of Grisons, cut into small cubes (or Brasao-la or a local dry meat)
- 20g dried Grisons meat, cut into small cubes
- 20g finely chopped onions
- 20g butter
- 20 young Swiss chard leaves
- 200ml broth
- 100ml full-fat cream
- 1 egg yolk
- 40g grated cheese (gruyère)
- 20g Grisons raw ham, cut into small cubes

Instructions

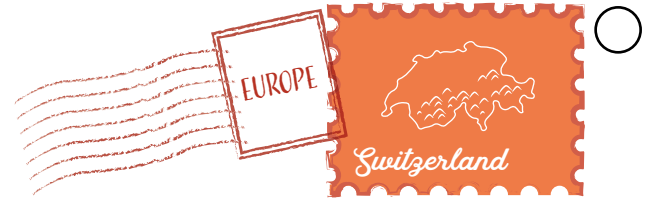
1. Put the flour and a pinch of salt in a bowl for the dough. Mix and gradually add milk and eggs.
2. Work the dough until bubbles form, then let it rest for 30 minutes.
3. Sauté the salsiz, dried Grisons meat and onions in butter and add them to the dough.
4. Blanch the chard leaves briefly then let them cool in cold water. Then spread them on a cloth.
5. Place 2 teaspoons of dough on each chard leaf.
6. Roll the leaves, add them to the broth and simmer for 5 to 8 minutes.
7. Arrange the rolls on hollow plates and keep warm.
8. Refine the broth with cream and thicken it slightly with an egg yolk.
9. Pour the broth on the rolls and sprinkle with grated cheese. Serve with roasted Grisons meat cubes on top.



CAPUNS

Capuns is a traditional dish from the Canton of Grisons in the eastern Swiss Alps. The recipe incorporates various local specialties such as salsiz, dried Grisons meat and Grisons raw ham. It is said that capuns were invented during the war in the late 18th century, when food was rare and animals were often stolen.

A woman had the idea to use what little food was left in the pantry, along with some Swiss chard leaves she found in the garden. She cut all the meat in small pieces, mixed it with flour and wrapped it in the chard leaves.



COOK

*Roman Hohenegger /
Netzwerk Schweizer
Pärke*



MOUNTAIN PRODUCTS

*Salsiz, dried Grisons
meat, Grisons raw ham*

*Follow the
Mountain Partnership*





MORNING MOMO

Ingredients • Serves 4

- 200g flour
- 90-100ml water
- 500g ground/minced meat
- Vegetables, tofu or cheese of choice for filling
- Broth
- Optional: yeast or baking soda

Instructions

1. Prepare a dough with white flour and water as needed for the outer momo covering. Mix and knead until you have smooth and flexible dough. Keep dough in a container or under a damp towel so it does not dry out. You can also add a little yeast or baking soda to give a doughier texture to the finished product.
2. Sauté minced meat and vegetables of your choice, adding your favorite spices as desired.
3. Roll the dough into small, flat circles.
4. Put filling in the middle of the dough circles. Traditionally, momo is prepared with ground/minced meat filling, but these days, momo is prepared with virtually any combination of ground meat, vegetables, tofu, paneer cheese and soft chhurpi (local hard cheese).
5. Fold the dough into a round pocket or in a half-moon or crescent shape.
6. Steam the dumplings over a soup (either a stock based on bones or vegetables) in a momo-making utensil called a mucktoo. The dumplings may also be pan-fried or deep-fried after being steamed.



MORNING MOMO

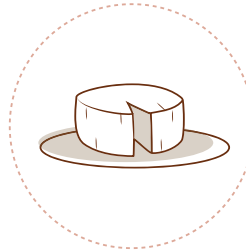
Momo is a Himalayan steamed dumpling with vegetable, dairy or meat filling. It is a traditional delicacy in many areas of Asia, including Nepal, Tibet, among Nepalese/Tibetan communities in Bhutan, as well as the people of Ladakh, Northeast India and Darjeeling regions of India. The origin of the dumpling is contested, but it is commonly believed to have spread from Tibet.

Today, momo is a common street food in India, and Nepalese restaurants around the world proudly list momo on their menus. The momo dumplings found in India today have been modified by Indian spices and herbs.



COOK

Pranab Basak



MOUNTAIN PRODUCTS

*Local cheese and/
or mountain meat*

*Follow the
Mountain Partnership*





KURUT

Ingredients • Serves 6

- 2L milk
- 200ml fermented sour milk (kymis)
- Salt and pepper to taste

Instructions

1. First, remove moisture from condensed milk mass (called katyka) by adding sour yeast to the milk. Heat it slightly in a pot and pour it into a cotton bag. Suspend the bag in the shade for several days so the moisture drains through.
2. After 2 to 3 days, add salt and pepper to taste and roll it into balls with a diameter of about 3 to 5 cm (note: the size depends on the region. For example, in the south of Kyrgyzstan in Alai, kuruts are made the size of an orange.)
3. Then, lay the balls on a wooden surface and dry them in the shade. The longer the product dries, the harder it is, which means it can be stored longer. Optional: You can shorten this process by simply grinding cottage cheese with salt, roll it into balls and dry.



KURUT

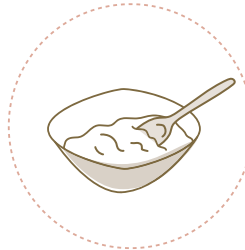
Kurut is freeze-dried Asian cheese. Among the peoples of Central Asia, no feast is complete without the kurut. This homemade dairy product is common in rural mountain communities of Kyrgyzstan, and can also be found in Turkey, Iran and the Levant. The word "kurut" comes from the Turkish word "koro", which means "dry" or "dried". This snack dates back to the nomadic Kyrgyz, who ate the yogurt balls as they traveled.

Kurut can be stored for a long time and, along with dried and cured meats, was widely used during long trips and seasonal work outside the home. Even today, people sell kurut at stands all over Kyrgyzstan.



COOK

Vladislav Ushakov



MOUNTAIN PRODUCT

*Fermented
sour milk*

*Follow the
Mountain Partnership*





Mains



Gluten Free

KWATI

Ingredients • Serves 4

- 1/2 kg of 9 varieties of Jumla beans
- 4 cups water
- 2 tsp salt (or to taste)
- 1 tsp red chili powder
- ¼ tsp ajwain seeds
- ½ tsp fenugreek seeds
- ½ tsp turmeric powder
- 1 tsp cumin and coriander powder
- 3 tbsp mustard oil
- A small bunch coriander leaves
- 3 tbsp chopped tomatoes
- 1 piece chopped green chili
- 1 small diced onion
- 1 tbsp freshly minced garlic
- 1 tbsp freshly minced ginger
- 4 pieces cinnamon leaves
- 3 tsp mixed spices powder (cinnamon bark, cardamom, black pepper, clove)

Instructions

1. Soak beans for 4 days or until sprouted.
2. Transfer the sprouted beans to a pressure cooker. Add 4 cups of water, 1 teaspoon of salt, ¼ teaspoon of turmeric powder and oil to avoid overflow.
3. Close the lid and apply medium to high heat. The beans are cooked after the 6 or 7th whistle. Let all the steam out and put the pot aside.
4. Heat a frying pan and add mustard oil, fenugreek and ajwain seeds. Fry until dark. Add remaining salt, turmeric, onion and garlic.
5. Gradually add the green chili, red chili powder, tomato, ginger, cinnamon leaves, cumin, coriander powder and coriander leaves.
6. Stir well on medium heat to avoid burning. Add a little water, close the lid and cook for 2 minutes. Add the cooked beans into the pan. Add the mixed spices, then stir and boil the mixture for 3 minutes.



KWATI

This recipe is made from Jumla beans cultivated at 2 300 metres in the Jumla District of Nepal in the Himalayan region. The beans are an indigenous food linked to the culture and religious festivities of the remote Sinja Valley. Jumla beans carry the Mountain Partnership Products label, designed to promote high value mountain products.

Kwati is a classic Nepalese mountain recipe that is eaten during the celebrations of the Janai Purnima festival. On this day, Newar famers worship the frog and eat Kwati to help bring rain and good harvests, as the frog is thought to be the messenger of the god of rain. Kwati is said to cure farmers of aches and the cold, and to strengthen the immune system.



COOK

Ashmita Lama



MOUNTAIN PRODUCT

*Jumla beans
(MPD product)*

*Follow the
Mountain Partnership*





Gluten Free


Mountain Recipes

QUINOA ONION FRITTATA

Ingredients • Serves 2

- 4 slices of diced bacon (about 110 g)
- 2 large diced onions
- ½ tsp dried thyme
- 550g cooked quinoa
- 1 tsp fine sea salt
- ½ tsp coarsely ground pepper
- 1 tsp dry mustard
- ¼ tsp ground bay leaf
- 4 sliced green onions
- 8 large eggs

Instructions

1. Preheat oven to 170°C. Liberally grease a 25cm-deep pie dish or quiche pan.
2. Sauté bacon pieces in a heavy skillet over medium heat until they are brown and crispy. Do not drain the bacon fat. Add onion and thyme. Sauté until onion is translucent (about 5 minutes).
3. While the onion is cooking, place cooked quinoa into a large bowl. Add salt, pepper, mustard, bay leaf powder and green onions. Toss well.
4. In another bowl, beat the eggs well.
5. Add bacon and onion to the quinoa, scraping in all the flavorful bits from the skillet.
6. Add eggs, stirring to combine. Pour mixture into prepared baking dish. Bake for 35 to 40 minutes (5 minutes less if using a glass pan) or until the center of the frittata feels almost firm and only jiggles slightly if you move the pan. It will firm up as it cools.
7. Let cool 10 minutes before cutting into wedges.



QUINOA ONION FRITTATA

This is a savory dish made from quinoa, onions and bacon in a seasoned egg base. This recipe came about when my brother-in-law, an agronomist, experimented with growing quinoa in the northern mountains of British Columbia, Canada. Quinoa, a highly nutritious seed, was first domesticated in the Andes Mountains of Peru thousands of years ago. It was a grain of great significance to the ancient Incas, being one of their most important food sources. It is still an important food and cash crop in Peru today.

Quinoa is a complete protein, containing all nine essential amino acids, and high levels of iron, fiber, health-protecting flavonoids like quercetin and kaempferol, and minerals, like manganese, magnesium and phosphorous.



COOK

*Margaret Bose
Johnson*



MOUNTAIN PRODUCT

Quinoa

*Follow the
Mountain Partnership*



DEER RAGU

Ingredients • Serves 6

- 500g deer meat
- 2 bottles of red wine
- A sprig of rosemary
- A few leaves of sage
- 150g total of onions, celery and carrots
- 30g extra virgin olive oil
- 500g tomato sauce
- 2 bay leaves
- Juniper berries
- Cloves
- Black peppercorns
- Salt and pepper to taste

Instructions

1. Mince and marinate the meat in a large bowl in a mixture of 1.5 bottles of red wine and the spices along with a few sprigs of rosemary and sage. Leave it for at least 2 to 3 hours to marinate, preferably in the refrigerator overnight.
2. Cut the marinated meat into bite sized pieces and put aside.
3. In a large pot, fry carrots, celery and onion in extra virgin olive oil. Add the meat and brown it slightly.
4. Once brown, deglaze the pan with half a bottle of red wine and cook for 5 minutes. Add the tomato sauce, bay leaves and juniper berries. Cover and let simmer for 3 hours. Add water if necessary to loosen it.
5. Add salt and pepper to taste and serve with your favorite fresh egg pasta.



DEER RAGU

This recipe is an adaption of the classic Italian Bolognese ragu, replacing beef with deer meat. This recipe is typical of mountain areas where deer are most readily available. More specifically, it can be eaten in the many farms of the alpine and Apennine areas (such as Val d'Aosta, Trentino or Umbria). This dish absorbs all the smells of the aromatic mountain plants. Deer ragu is best eaten with fresh egg pasta (such as tagliatelle, tagliolini or pappardelle).

Pappardelle with deer ragu is a main course suitable for a Sunday lunch or an important occasion because it is healthy and nutritious – high in protein and low in fat - and therefore perfect for both adults and children. The sauce can be jarred and kept year-round.



COOK

*Massimiliano
Bruscolini*



MOUNTAIN PRODUCT

Deer meat

*Follow the
Mountain Partnership*





SUMOLOK

Ingredients • Serves 10

- 1-1.5kg crushed sprouted wheat
- 1.5-2kg wheat flour
- 2L cottonseed oil
- 8-10L spring water
- 1/2kg honey
- 2 tbsp salt
- 15-20 pieces walnuts or stones (walnut size)
- Dried fruit, as desired

Instructions

1. Pass the sprouted wheat through a meat grinder. Once crushed, add to a large pot and fill with water. Mix carefully, then use a sieve to separate the wheat from the water. Do not discard the water. Repeat this process two more times with fresh water, each time setting aside the used water. You should end up with three pots of used water.
2. Fry the flour using cottonseed oil. Pour in the water used in the first wash of the wheat. When it starts to boil, add the second batch of water.
3. Add the walnuts or stones.
4. Pour in the third batch of water and stir continuously. Add honey, dried fruit and salt while stirring.
5. After cooking for 5 to 6 hours while constantly stirring, reduce the heat and close the lid tightly.
6. Leave for 5 to 6 hours overnight. It is ready to eat the next morning.



SUMOLOK

Sumolok is a ritual dish prepared on the eve of the Eastern New Year, the day of the vernal equinox called the holiday of Nooruz. Sumolok is a time-consuming dish that takes hours or days to make. Since it takes a long time to make, cooking sumolok often becomes a social gathering among women.

Walnuts or small stones are an important part of the recipe: they keep the grains from burning, and it is said that those who find a walnut or stone in their cup of sumolok can make a wish that will come true. The walnuts come from western Kyrgyzstan's vast walnut forest. The main ingredient in the recipe is sprouted wheat grains, which are full of vitamins and nutrients.



COOK

Kuluipa Akmatova



MOUNTAIN PRODUCT
*Sprouted wheat
grains*

*Follow the
Mountain Partnership*





ENVUELTO TRES PUNTAS

Ingredients • Serves 4

- 4.5kg of Yucatan maize
- Milk, as needed
- 4.5kg cheese curd
- 1 panela (raw sugar)
- Quiche leaves
- 1.5kg of sifted coal-free ash
- Salt to taste
- Optional: few sprigs of mallow and bitter

Instructions

1. Bring a pot of water to boil, adding the corn and sifted ash. If eucalyptus ash is used, add a few sprigs of mallow and bitter.
2. Stirring constantly, cook corn until the corn husks fall off.
3. Remove the corn and wash thoroughly. Return the corn to the pot and leave it in water for 2 days, changing it several times until the smell of ash disappears.
4. Separately, wash the quiche leaves with boiling water to soften them. Set aside.
5. Crumble the curd and mix it with the previously ground corn. Add the panela, diluted in water, and let sit overnight.
6. The next day, form the cones with the leaves and stuff them with the corn mixture.
7. Put the cones in a pot, covering the bottom of the pot with extra quiche leaves to prevent the cones from burning. Add milk to the pot, and then cook for 1 hour. Cool slightly before serving.



ENVUELTO TRES PUNTAS

Over generations, peasant families of the Sumapaz region, near Bogota, Columbia, have cherished the biodiversity of the largest high Andean páramo ecosystem in the world. These peoples draw from their biodiverse region to create unique recipes such as the “Colombian tamale”, a popular dish for breakfast.

The photo of the recipe was taken during a research project on biocultural diversity in rural areas of Bogota, funded by the Cultural Heritage Institute of the Colombian capital. The research team included Stefan Ortiz, Cristina Consuegra, Darío Pérez and María Clara van der Hammen.



COOK

*Stefan Ortiz
Przychodzka*



MOUNTAIN PRODUCT

Maize

*Follow the
Mountain Partnership*





CHOUERA

Ingredients • Serves 4

- 350g flour
- ½ tsp salt
- 175g butter
- 100ml cold water
- 400g leftover boiled potatoes
- 200g chopped onions
- 400g apple slices (ideally a slightly sour variety)
- 500g raclette cheese, cut into slices
- Salt and pepper, to taste

Instructions

1. Sieve the flour and salt into a bowl. Cut the butter into flakes and add to flour mixture, rubbing between fingers to create a crumbly mixture.
2. Add water and quickly mix into a smooth dough, but do not knead for too long - otherwise the dough will become tough during baking.
3. Wrap in plastic and refrigerate for at least 30 minutes.
4. Roll out the dough to twice the size of the baking tray.
5. Peel the potatoes, cut into slices and sauté in butter together with chopped onions. Add salt and pepper.
6. Place a layer of potatoes on top of the dough. Add a layer of apple slices on top of the potatoes and then a layer of raclette cheese on top of the apple slices.
7. Continue with one more layer of potatoes, apple slices and raclette cheese on top.
8. Cover the chouera with the protruding dough and prick it with a fork.
9. Bake in a preheated oven for 30 minutes at 200° C (top and bottom heat), then at 180° C for 15 to 20 minutes more.



CHOUERA

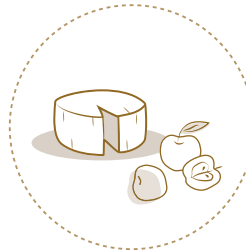
Chouera is a traditional dish from the Canton of Wallis in the Swiss Alps. Legend says that it was invented during the cholera outbreak when food was scarce. Today, making chouera is a great way to use leftover food.

This recipe uses different regional products, like onions, raclette cheese and apples, which all play an important role in the regional agricultural economy and can be stored in the alp huts by mountain farmers when they are bringing up the cattle.



COOK

*David Gehrig /
Netzwerk Schweizer
Pärke*



MOUNTAIN PRODUCTS

Cheese, apples

*Follow the
Mountain Partnership*





Gluten Free


Mountain Recipes

LINAPET

Ingredients • Serves 6

- 2kg ground sticky rice
- 500g peanuts, roasted and ground with 100g sugar
- Banana leaves for wrapping
- 1 tsp salt
- 500g sugar

Instructions

1. Place the ground rice, salt and sugar in a big bowl. Mix well.
2. Add hot water little by little, and mix just enough until the rice is evenly moistened.
3. Add sugar to the roasted ground peanuts.
4. Prepare banana leaves by wilting over a fire and cut into 25cm square pieces.
5. Take one banana leaf square, place some of the rice mixture, top with ground peanuts, and fold the banana leaf to wrap. Continue until the rice mixture is all wrapped up.
6. Arrange the wraps in a steamer. Steam for 25 to 30 minutes, or until cooked. Serve and share with neighbors and relatives.



LINAPET

The indigenous Kankanaey people living in the mountains of Agawa, Besao, Mountain Province, the Philippines, celebrate the start of the season to sow rice in the rice terraces every 30 September. This day, also known as the Feast of Linapet, is a day to prepare this indigenous rice cake and to share it with relatives, neighbors and friends. The celebration of Linapet Day is a ritual of sharing and strengthening community ties.

The original linapet was made with rice and snails, small fish, crabs or whatever was available in the rice fields. It has evolved into a sweet rice cake.



COOK

Ana Kinja Tauli



MOUNTAIN PRODUCT

Rice

*Follow the
Mountain Partnership*






Mountain Recipes

SUMMER PASTURE CHALET'S SOUP

Ingredients • Serves 8

- 2kg potatoes
- 250g carrots
- 250g kohlrabi or turnip
- 200g wild spinach
- 500g leeks
- 500g fava beans
- 5L water
- 2L milk
- 300g macaroni
- 2 sprigs of parsley
- 2 sprigs of chive
- 700g hard cheese (like Gruyère)
- 3 dollops sour cream
- Salt and pepper to taste

Instructions

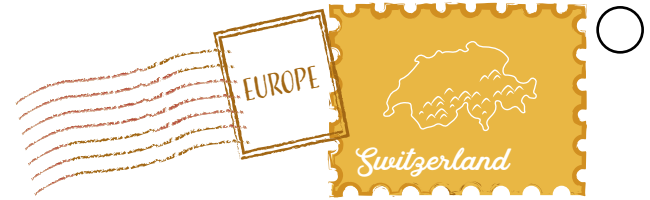
1. Peel and cut vegetables and potatoes into small pieces. Boil with salt and pepper and simmer for 2 to 3 hours.
2. Add the milk and simmer for another hour.
3. Ten minutes before it is finished cooking, add the macaroni previously boiled in salty water.
4. In a wooden bowl, add coarsely chopped parsley and chive, sour cream and grated cheese.
5. Pour the soup over this mixture and serve.



SUMMER PASTURE CHALET'S SOUP

This soup was the traditional daily meal of mountain shepherds. The soup was once prepared in chalets during the high pasture grazing season, when shepherds could not access fresh vegetables. It is a simple and practical recipe, based on dairy products, basic vegetables, potatoes, wild plants and dried pasta. It is traditionally cooked in a cauldron on an open-fire. This warm, comforting dish is often eaten during winter as an alternative to fondue.

There are, of course, as many recipes as there are mountain shepherding families. It is a communal dish, eaten in one common wooden plate with wooden spoons.



COOK

Francois Pythoud



MOUNTAIN PRODUCTS

*Potatoes, wild
mountain herbs, milk*

*Follow the
Mountain Partnership*





Gluten
Free


Mountain Recipes

ARROZ DE CARBONERO

Ingredients • Serves 6

- 1 large onion
- 4 "Ramallet" Mallorcan tomatoes
- 1 red pepper
- 1 green pepper
- Esclatassangs (saffron milk cap mushrooms)
- 200 g pork ribs
- 1 chicken leg
- 1 chicken liver
- Mountain birds (quail, thrush, etc.)
- Mountain rabbit or hare
- Sobrassada de Mallorca (spicy red sausage)
- Botifarrón de Mallorca (sausage)
- 15 green beans
- 3 artichokes
- 400g Bomba rice (round rice)
- 2 potatoes
- ¼ head of cauliflower
- Chopped garlic and parsley
- Salt and black pepper
- A pinch of paprika
- Water

Instructions

1. Stir-fry the onion and tomatoes in a skillet.
2. Add the meat, vegetables, water, spices and broth. Let cook for 20 minutes.
3. Add pieces of potato and cauliflower.
4. Add cooked rice.



ARROZ DE CARBONERO

This recipe comes from Mallorca, the largest of the Balearic Islands, known for its limestone mountains: the Serra de Tramuntana. In 2018, this rice recipe won the 'Best Rice of Spain' competition.

The English translation of the dish's name is "charcoal rice", named after the coalminers who used to work in the community forest, "Sa Comuna de Bunyola", for seven months out of every year. The recipe uses "esclatassangs" (lactarius sanguifluus), belonging to the large genus of lactarius mushrooms, and a variety of proteins from local Mallorcan mountain animals, like poultry and rabbit.



COOK

*Catalina Pons
Humbert*



MOUNTAIN PRODUCTS

*Mountain
mushrooms, potatoes*

*Follow the
Mountain Partnership*





CHESTNUT PASTA

WITH PORCINI MUSHROOMS & LEEK PUREE

Ingredients • Serves 2

- 2 eggs
- Salt to taste
- Extra virgin olive oil
- 100g 00 flour
- 60g chestnut flour
- 40g semola flour (semolina)
- 1/2 clove of garlic
- 1 large porcini mushroom, sliced
- Fresh marjoram leaves
- 1 leek
- 1 small potato

Instructions

1. Mix eggs, salt and 2 spoons of oil together and add all the flours. Mix and knead until it becomes a smooth dough. Let rest for 10 minutes.
2. Roll out the dough until you can see your hand through it. Gently fold long ways and slice short ways into thick strips to make tagliatelle.
3. Unfold and shake between your hands with flour to separate the pasta strands and keep them from sticking. Cook in boiling salted water for 3 to 4 minutes.
4. Heat 3 spoons of oil in a pan and add the garlic piece to lightly brown.
5. Remove it and add the sliced mushroom. Cook for 2 minutes. Turn off the heat and add a few marjoram leaves.
6. Slice the leek and dice the potato and sauté in olive oil until soft. Purée into a thick and creamy mixture. Add a splash of water if necessary.
7. On a large plate serve about 100g of cooked pasta over the leek purée and drizzle with mushroom sauce and more fresh marjoram.



CHESTNUT PASTA

WITH PORCINI MUSHROOMS & LEEK PUREE

Marjoram's genus name "Origanum" is derived from the ancient Greek words translated as "joy of the mountains". It also has antioxidant and anti-inflammatory properties. Marjoram has been used to make teas in the mountains of Greece for generations.

The porcini mushrooms used in this recipe are collected by hand in the mountain forests.

Chestnuts are full of vitamins and minerals such as manganese, potassium, copper, vitamins B and C as well as fiber, which is great for digestion. Chestnut flour is commonly used all over Tuscany also for other recipes such as castagnaccio, a cake made in autumn.



COOK

Francesca Bertini



MOUNTAIN PRODUCTS

*Marjoram, chestnuts,
porcini mushrooms*

*Follow the
Mountain Partnership*





THADWANI OR RAS

Ingredients • Serves 4

- 50g black soybeans
- 50g kidney beans
- 50g gram beans
- 50g horse gram beans
- 50g black gram beans
- 4 tbsp mustard oil
- ¼ tsp cumin seeds
- 4-6 cloves
- 4-6 black pepper
- 2 medium onions
- Red chilis to taste
- 30-50g (small piece) fresh ginger
- 6 cloves garlic
- ¼ tsp turmeric powder
- 2 tsp coriander powder
- ½ tsp garam masala
- Optional:
 - 4 tsp rice grains for paste
 - Rice or bread, for serving

Instructions

1. Soak the mix of lentils and beans overnight.
2. Boil the soaked lentils and beans, ideally in an iron pan called a kadhai, which provides additional iron to the dish. Boil for more than an hour so that the juice (ras) of the lentils and beans mixes with the water.
3. Separate the lentils and beans from the water.
4. Heat some oil (also ideally in a kadhai). Add cumin, clove, black pepper, red chilis and chopped onion.
5. Stir until the onion becomes golden brown. Add chopped garlic and ginger. Add some ground spices like turmeric powder, coriander powder and garam masala.
6. Stir until the oil separates from the mixture.
7. Boil about 1/4 of the lentils for 1 hour until they turn almost black. Add chopped coriander and ghee (pasteurized butter).
8. Serve with rice or fresh Indian bread.



THADWANI OR RAS

Thadwani, also called ras, is one of the most nutritious dishes of the north Indian Himalaya, mainly in Uttarakhand. What makes this dish unique is its use of high-quality lentils. This recipe includes nearly five types of local lentils, contributing to biodiversity conservation in these mountains.

The lentils also help improve local soil fertility through nitrogen fixation. Lentils are rich in protein, fiber, iron, potassium and other nutrients; they are known to lower blood pressure and cholesterol, and may protect against breast cancer in women.



COOK

Pradeep Mehta



MOUNTAIN PRODUCTS

Lentils, beans

*Follow the
Mountain Partnership*





Gluten Free


Mountain Recipes

KAČAMAK

Ingredients • Serves 4

- 500g corn flour
- 1½–2L water, salted
- 300g cheese
- 200g kajmak (creamy dairy product similar to clotted cream)

Instructions

1. Add flour into boiling salted water. The flour should not be stirred in but should be allowed to remain on the surface in a mound-like shape through which you should make an indentation with a wooden spoon. Leave on low heat for about 40 minutes.
2. When the flour disappears from the surface of the water, strain out the surplus water (if there is any) into a separate pot.
3. Mix the cooked polenta, known as kačamak, with a kačamar – a wooden beater. If the mixture is too thick, add some of the strained-off water. Mix until the entire mixture becomes uniform.
4. Melt the cheese and kajmak in another pot and blend into the kačamak.



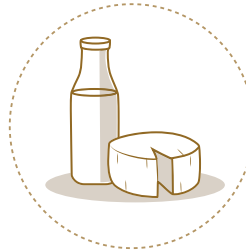
KAČAMAK

Kačamak is a trademark of the Montenegrin mountains. This is the only dish in which men traditionally participate in the preparation because it demands physical strength; the quality of the kačamak depends on how well it is beaten. It is then blended with melted cheese and kajmak. Kačamak is eaten only with the fingers, so it is also very practical. It is made by taking a dollop of hot kačamak that has not been blended with melted cheese. An indentation is then made in the middle, into which kajmak is placed, a lid of kačamak is made over that, and you wait until the kajmak melts.



COOK

Dalibor Šekularac



MOUNTAIN PRODUCTS

Milk, kajmak

*Follow the
Mountain Partnership*






Mountain Recipes

SKROB OD KOPRIVA

Ingredients • Serves 4

- 600g rinsed young nettles
- 800ml water
- 300g corn flour
- 100g butter
- 300g cheese
- Salt
- 300g young kajmak (creamy dairy product similar to clotted cream)

Instructions

1. Blanche the nettles in a saucepan with boiling water for about 5 minutes, then strain and pour cold water over them in order to retain a green color and stop the cooking.
2. Chop the strained nettles. Then place the nettles in salted boiling water. Simmer for 10 minutes on low heat.
3. With your fingertips, sprinkle on the corn flour and slowly mix with a brkljica (beater) so that the mixture does not clump together. Cook for 30 minutes on medium heat.
4. When it is cooked, add butter and chopped cheese.
5. Serve in deep bowls with kajmak. This recipe can be eaten hot or cold.



SKROB OD KOPRIVA

Elders in Montenegro say that nettle, also called “stinging nettle”, saved many people from starvation during war and times of impoverishment, both of which have occurred throughout the history of mountainous Montenegro.

It is for this reason that the nettle plant is highly regarded in Montenegro, as it grows wild and is rich with many vitamins and minerals, protein, carbohydrates and fat. Nettle can be found in various Montenegrin mountain recipes, and is primarily utilized in soups.



COOK

Jelena Krivcevic



MOUNTAIN PRODUCTS

Nettle, kajmak

*Follow the
Mountain Partnership*



BINUNGOR

Ingredients • Serves 5

- 1 piece banana heart, outer layers discarded, sliced thin
- 2 tbsp salt
- 500g bamboo shoots, sliced thin
- 150g fresh pigeon peas
- 250g squash, peeled, hard seeds discarded, cut into bite-sized pieces
- 4-6 labuyo chilis, left whole
- 250g mushrooms
- 75g lima beans
- 10 pieces string beans, cut into 8cm pieces
- 500g agudung (long snails) or binga (round snails), soaked in water for 20 minutes, with tail ends cut off
- Salt or salted fish paste, to taste

Instructions

1. In a bowl, mix the sliced banana heart with some water and 2 tablespoons salt. After a few minutes, squeeze out the bitter juice and drain. Set aside.
2. Boil the bamboo shoots for 15 minutes then drain.
3. Pour 750ml of water in a pot. Add pigeon peas and boil for a few minutes. Add the squash and boil. Then add all the remaining vegetables.
4. Mix and boil for a few minutes until the vegetables are almost cooked. Add salt to taste.
5. Then, add the snails and stir. Boil for around 10 minutes, until fully cooked. Serve hot.

Gluten Free





BINUNGOR

Binungor is a typical dish of the indigenous Kalinga people in the Cordillera mountains of the Philippines. Binungor is food for warriors and hunters. If you eat this dish, it is said that your blood is alert and you are always ready for action. The dish's spiciness is said to symbolize the bravery of the Kalinga people because they can endure and even enjoy such spicy tastes.

Cooking contests of binungor are common during festivals, in which local people share the dish with the community and introduce it to foreigners. This dish contains many native ingredients, like labuyo chilis, local peas, bamboo shoots and agudung (long snails) or binga (round snails).



COOK

Ana Kinja Tauli



MOUNTAIN PRODUCTS

Mushrooms, snails

*Follow the
Mountain Partnership*






Mountain Recipes

CORNMEAL GREEN PIE

Ingredients • Serves 4

- 4 eggs
- 1 tsp salt
- 100ml oil
- 300g corn flour
- 1kg broad-leafed dock
- 1 tsp bicarbonate of soda (or baking powder)
- 300g high-fat pressed cheese

Instructions

1. Beat the eggs, adding salt, oil, corn flour and bicarbonate of soda (or baking powder). Combine the mixture until it is fully blended.
2. Wash the dock leaves. Chop, sprinkle with a little salt and add the cheese.
3. Pour half of the prepared dough into a greased baking pan and bake at 200°C or about 20 minutes.
4. Remove from the oven and put the prepared mixture of dock and cheese on it, and then pour the remaining dough on top. Bake for 40 minutes at 200°C.



CORNMEAL GREEN PIE

This traditional dish is from Montenegro, whose name literally means “black mountain”, named for the country’s dark mountain forests. This dish’s main ingredients are corn flour, cheese and dock leaves. Corn flour is produced from high quality corn grown by local farmers, and is processed with a specific method of grinding in village watermills. An entire ear of corn is ground for a long time, even for hours, to make the flour. This method maintains the corn’s natural characteristics, including the chaff and the germ.

Dock leaves, a wild plant abundantly growing in this region, were once used by people living in mountain regions to survive during harsh times.



COOK

Snezana Zecevic



MOUNTAIN PRODUCTS

Maize, dock leaves

*Follow the
Mountain Partnership*



HABONES A LA SANABRESA

Ingredients • Serves 4

- 200g broad beans/fava beans
- Olive oil
- 2-3 bay leaves
- 4 cloves garlic
- 2-3 links sausage
- Pig or cow ears
- ½ onion
- Flour
- 1 tsp sweet paprika

Instructions

1. Soak the beans the night before preparing this recipe.
2. The next day, drain them and boil them. Then, wash again.
3. Reheat them in cold water. Once the water starts to boil, add a dash of olive oil, bay leaf, garlic and the sausage.
4. Turn the heat to low and cook slowly. When the beans are cooked, discard the bay leaves and garlic.
5. While the beans are cooking, prepare the ears. Sauté the oil, onion, flour and sweet paprika in a pan. After 2 to 3 minutes, add the ears and 1 to 2 ladles of liquid from the beans.
6. Remove the sausage from the bean mix and cut it into pieces.
7. Serve hot.





HABONES A LA SANABRESA

This recipe comes from the Zamora province of northwestern Spain, in the Cantabrian Mountains. The beans used for this recipe are grown at more than 1 000 metres in the mountains of the cross-border region of Sanabria.

The legumes are nutritious, containing a high amount of proteins and carbohydrates. In this recipe, they are accompanied by pig ear and sausage from pigs and cows of the native San Sebastian breed. This protein-packed, high-calorie recipe helps people withstand the harsh winters of the Sanabrian mountains.



COOK

Daniel Boyano Sotillo



MOUNTAIN PRODUCT

Broad beans

Follow the Mountain Partnership





Desserts



CHAK HAO AMUBI

Ingredients • Serves 4

- 200g purple rice
- 2L milk (preferably full cream)
- 200g sugar (or to taste)
- 1/2 tsp cardamom powder
- 14 (more or less) cashew nuts (for garnishing)

Instructions

1. Wash the rice and soak for 3 to 4 hours.
2. Heat the milk in a large vessel until it comes to a boil.
3. Drain the rice and gently add it to the milk.
4. Cook on medium-low, stirring occasionally, until the rice is cooked and the kheer reaches a thick consistency.
5. Add the sugar, stirring until the sugar is dissolved and desired consistency is reached.
6. The kheer will thicken more once it cools so adjust the consistency accordingly. If you think it has become too thick, you may add a bit of milk.
7. Take it off the heat and garnish with lightly fried cashew nuts and cardamom powder.
8. Serve warm or chilled.



CHAK HAO AMUBI

Sticky purple rice pudding is a delicacy of the North Eastern Himalaya of India, particularly in Manipur and Meghalaya. Sticky purple rice was known as 'forbidden rice' in ancient times because commoners were not allowed to eat it and the entire production was meant only for Chinese royalty.

Today, there are various regional recipes made with purple rice. This purple rice is manually made with care – from production to processing. The rice is used mainly for festivals and special occasions. Sticky purple rice is non-allergenic, gluten-free and the outer layer of bran contains a high level of anthocyanin antioxidants, which promotes a healthy heart. This precious rice carries the Mountain Partnership Products label.



COOK

Anita Paul



MOUNTAIN PRODUCT

*Purple Rice
(MPD product)*

*Follow the
Mountain Partnership*





APPLE STRUDEL

Ingredients • Serves 4

- 50g unsalted butter, melted
- 180g all purpose flour
- 1 pinch of salt
- 125ml water
- 55g raisins
- 2 tbsp rum
- 4 medium apples
- 1 tbsp lemon juice
- 1 tsp cinnamon
- 100g sugar
- 35g pine nuts, finely chopped
- 1 tsp vanilla
- 85g butter, melted
- 30g breadcrumbs

Instructions

1. Preheat oven to 180°C. In a bowl or mixer, combine melted butter, flour, salt and water and mix until you have a smooth ball.
2. In a pot, boil water and remove from heat. Empty, dry it and line with parchment paper and place dough inside. Let sit for 30 minutes at room temperature.
3. In a small bowl, soak raisins with rum for half-hour. Cut peeled apples in strips and mix with lemon juice, cinnamon, sugar, raisins, pine nuts and vanilla.
4. Sprinkle surface of dough with flour and roll out as thin as possible. Brush it with melted butter. Stretch until it is about 45x30 cm and you can see surface through the dough. Brush more melted butter.
5. On the right side of the dough, leave some space and sprinkle breadcrumbs in a 15cm wide line. Leave a 5cm margin and pile apple filling on breadcrumbs.
6. Fold 5cm margin at top and bottom of the dough onto filling then roll the strudel from short side and tuck ends. Transfer strudel to baking sheet, seam side down and brush with butter. Bake for 50 minutes at 180°C, until golden.



APPLE STRUDEL

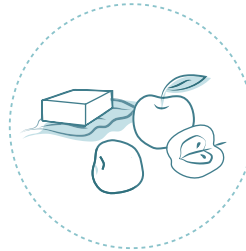
Apple strudel is a popular dessert in Austria, the highly mountainous country where it was invented in the 17th century and is a national dish. Of the 20 most important food crops of the world, six originated in mountains - apples are one of these six.

This recipe uses local mountain apples and butter from high pasture milk, and is a staple in restaurants and pastry shops. It is often accompanied by a dollop of vanilla ice cream or whipped cream. This recipe explains how to do the pastry but you can also buy the puff pastry ready-made.



COOK

Noemi Bruscolini



MOUNTAIN PRODUCTS

Apples, butter

*Follow the
Mountain Partnership*





Gluten
Free



Mountain Recipes

LADDU

Ingredients • Serves 6

- 1kg roasted amaranth grain
- 20g roasted sesame seeds
- 625g jaggery (traditional non-centrifugal cane sugar)
- 250ml of water
- Optional: dried fruits of choice

Instructions

1. Clean the grains and separate them using a sieve. This process removes fine dust particles.
2. Slowly roast a small amount of amaranth grains in a deep iron vessel. Gradually stir for proper puffing.
3. Cut the jaggery into small pieces. Put into heated water and stir until thick.
4. Add roasted sesame seeds to the jaggery and mix.
5. Add the puffed amaranth to the mixture, along with 1 cup of water. Mix thoroughly to prevent lumps.
6. Optional: Add almonds, saffron, walnuts, coconut or pistachios to the mixture.
7. Moisten hands for preparing the laddus. Use hands to firmly press the mixture into small balls.
8. Leave the laddus to dry before eating.



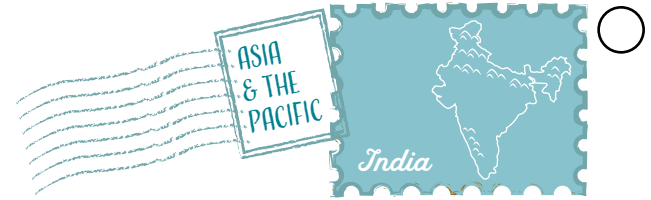


LADDU

A LADDU A DAY KEEPS THE DOCTOR AWAY

“Laddu” is a sphere-shaped dessert from India. There are many varieties of the laddu recipe, but this one uses amaranth, locally referred to as “chaulai”, which is one of the world’s oldest cultivated crops. Amaranth’s cultivation requires minimal irrigation and the resulting grain is highly nutritious.

Grown high up in the Himalayas, amaranth dates back many centuries and has been an integral part of the cultural fabric of Uttarakhand. It is consumed during fasting in the Hindu festive seasons and religious holidays. It is gluten and cholesterol-free, and has high amounts of protein, iron, magnesium and vitamin B6, which makes it great for weight loss or for those with heart problems or diabetes.



COOK

Chinmaya Shah



MOUNTAIN PRODUCT

Amaranth

*Follow the
Mountain Partnership*



HONEY VANILLA QUINOA PUDDING

Ingredients • Serves 6

- 85g quinoa, rinsed well
- 250ml water
- 3 tsp pure vanilla extract, divided
- 400ml premium coconut milk or 420ml light cream
- 2 large egg yolks
- Pinch of salt
- 1 tsp corn starch
- 3 tbsp honey, plus more for serving
- Fresh, diced berries mixed with a little honey, for serving

Instructions

1. Rinse the quinoa well and combine it with water and 2 teaspoons of the vanilla in a small saucepan.
2. Bring to a boil, then reduce heat to a simmer. Cover the saucepan and cook the quinoa for 15 minutes or until all the water has been absorbed.
3. In a bowl, whisk the coconut milk with the egg yolks, then mix in 1 teaspoon vanilla, salt, corn starch and 3 tablespoons honey until smooth. Pour this over the cooked quinoa and heat the mixture over medium-high heat, stirring often, until it comes just to a boil and thickens.
4. Let cool slightly before serving. Serve warm or at room temperature, but not chilled.
5. Top with a little fresh or cooked sweetened fruit or berries, or just drizzle with additional honey (or both).



Gluten Free



HONEY VANILLA QUINOA PUDDING

Honey vanilla quinoa pudding is a honey-sweetened pudding made with quinoa cooked in a creamy custard base of rich coconut milk and egg yolks.

Quinoa is commonly used for various types of puddings, as it is a way to transform the traditional rice pudding into a more nutritious, protein-packed dish. This sweet yet savory dessert can be savored as an ancient dish with a modern, healthy twist. The classic dessert can also be served as a hearty breakfast.



COOK

Margaret Bose Johnson



MOUNTAIN PRODUCT

Quinoa

Follow the Mountain Partnership






Mountain Recipes

SEABERRY CONFITURE

Ingredients

- 1kg sea berries
- 1kg sugar
- 5g trehalose

Instructions

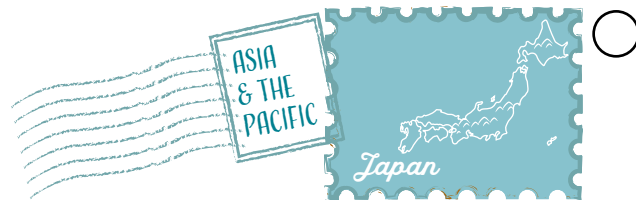
1. Heat the seaberries, adding granulated sugar and trehalose, stirring them to blend well.
2. Add to yogurt or ice cream and serve as a dessert.



SEABERRY CONFITURE

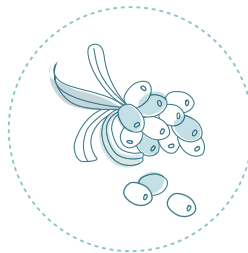
Wild seaberry (sea buckthorn) grows in dry and cool mountainous areas near water reserves, such as in Kyrgyzstan. In Japan, the seaberry survives only in Hokkaido, in northern Japan. Shihoro high school students in Hokkaido have been cultivating the seaberry for 17 years and, this year, began a youth exchange program via Skype with students of Kyrgyzstan to share experiences about seaberry harvesting.

A seaberry jam was produced by the Shihoro high school students to bring attention to this little-known, special berry. The students carried out the whole process, from harvesting to processing.



COOK

Shino Komoda



MOUNTAIN PRODUCT

Seaberry

*Follow the
Mountain Partnership*





Beverages





JARMA DRINK

Ingredients • Serves 5

- 1 tbsp (15g) animal fat (preferably mutton)
- 30g flour
- 3L water
- 100g crushed wheat
- Salt to taste
- Milk (optional)

Instructions

1. Clean and fry the wheat until golden and leave to cool. Then, grind it using a manual or industrial mill. (Alternative: use ready-made crushed oats.)
2. Heat a pot on medium heat with a tablespoon of frozen mutton fat. Add flour. Fry until golden brown, stirring to prevent lumps.
3. Salt to taste.
4. After cooking, remove the pot from the heat to cool. Stir occasionally to prevent the grains from settling at the bottom. The drink will thicken as it cools.
5. Jarma consistency can be made thicker or thinner by changing the amount of crushed wheat added.
6. Optional: Add milk to the finished product.

JARMA DRINK

Jarma is a traditional wheat-based drink of mountainous Kyrgyzstan. This satisfying chilled drink is often brewed by Kyrgyz women during the summer months as a refreshing treat in the heat, which was a welcome relief to the nomadic ancestors of today's Kyrgyz people.

The jarma drink is brewed with different grains combined with animal fat, depending on the region of Kyrgyzstan. The drink is considered both a drink and a meal, and is often taken as breakfast or lunch. Jarma is highly nutritious and is easily digestible. It is rich in vitamins that boost the immune system.



COOK

Zhyldyz Shamirova



MOUNTAIN PRODUCTS

*Crushed grains,
animal fat*

*Follow the
Mountain Partnership*





PAMIRIAN SHIRCHOY

Ingredients • Serves 4

- 150ml milk
- 150ml water
- 2 tsp black tea
- 2 pinches of salt
- 10g butter
- 100g walnuts
- 1 piece of local Tajik bread or piece of flatbread

Instructions

1. Pour black tea into boiling water. Add milk and boil for 3 minutes.
2. Add walnuts and salt to taste.
3. Remove the shirchoy from the fire. Pour into a traditional pialah, a special type of cup or vessel for drinking tea, and add a piece of butter.
4. Serve with local Tajik bread for dipping.



PAMIRIAN SHIRCHOY

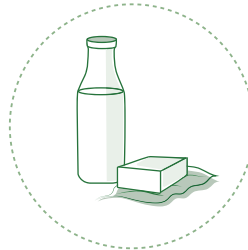
Traditionally, mountain dwellers in some countries of the Silk Road drank hot tea with milk for breakfast. This tradition has remained in the Pamirs of eastern Tajikistan, or the “Roof of the World”, which reach heights of more than 7 000 metres.

Mountaineers keep livestock, whose milk and butter help them survive the severe conditions of the highlands. Pamirian people also add walnuts and salt to the shirchoy drink, and then dip local bread into it. Today, shirchoy can be found throughout Tajikistan with its own unique features depending on each region.



COOK

Natalia Idrisova



MOUNTAIN PRODUCTS

Milk, butter

*Follow the
Mountain Partnership*



KUURMA CHAI

Ingredients • Serves 4

- 4-5 tsp black tea
- 2 cups milk
- 90-100g roasted cereal flour
- 50g vegetable oil or mutton fat
- Salt to taste
- Optional: black pepper to taste
- Optional: add navat (crystallized sugar) to taste

Instructions

1. Fry flour with mutton fat or vegetable oil until golden brown.
2. Brew the tea and cover for a few minutes.
3. Combine the fried flour and tea in a large kettle.
4. Add milk and salt to taste, maintaining a boil. Continue stirring.
5. Boil for a few minutes before removing from heat.
6. Traditionally, Kyrgyz grandmothers add a little pepper and navat (a traditional, crystallized Kyrgyz sugar).
7. Cool slightly before serving.





KUURMA CHAI

Kuurma tea is a special part of daily life for nomadic people in Kyrgyzstan, valued for its warming qualities. Kuurma contains a nutritious combination of vitamins and minerals, which help the body maintain balance.

In folk medicine, kuurma is known as an excellent remedy for the common cold. It differs from other hot drinks in its consistency; it is more like mashed liquid porridge than a tea. It is made with coarsely ground flour made from locally grown cereals, fried in vegetable oil or mutton fat. It can be drunk salty or sugary.



COOK

Tilekeeva Tyldyz



MOUNTAIN PRODUCTS

Flour and milk

*Follow the
Mountain Partnership*





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Govern d'Andorra

From the Andes to the Himalayas this booklet features
delicious recipes that celebrate mountain products and traditions.

Mountain Partnership Secretariat

Forestry Division
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