

 On the occasion of the 25th anniversary



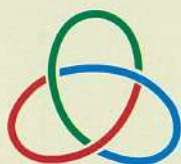
Conference on Interaction and Confidence
Building Measures in Asia

TOURIST GUIDEBOOK AND RECIPES OF THE CICA REGION

CICA Secretariat

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Preface

CICA region is the most diverse region in the world in terms of ethnicity, culture and civilisation. It is home to some of the oldest civilisations in the world as well as hundreds of languages and ethnic groups. This diversity has always been a source of strength to the region.

Different cultures and civilisations interacted and learnt from each other. Interactions among cultures and ethnic groups enriched the region through centuries.

CICA region is diverse not only in terms of people but also in terms of geography. It has some of the highest mountains, largest deserts and lakes and vast steppes. It has the lowest as well as highest points on the earth. The varied terrain has produced some of the most beautiful natural spots. Being home of the oldest cultures and civilisations, it also has beautiful monuments built over more than two millenniums.

Diversity of the region can also be witnessed in the rich variety of food, each being equally delectable. In short, region has everything to offer to a visitor. This publication is an attempt to showcase some of the tourist spots as well as recipes of the CICA region in commemoration of the 25th Anniversary of the initiation of the CICA process as initiative of Kazakhstan as Hosting country and contribution of the Chinese Chairmanship.

We are grateful to Member States for sending the material for the publication and hope that readers will find it interesting.

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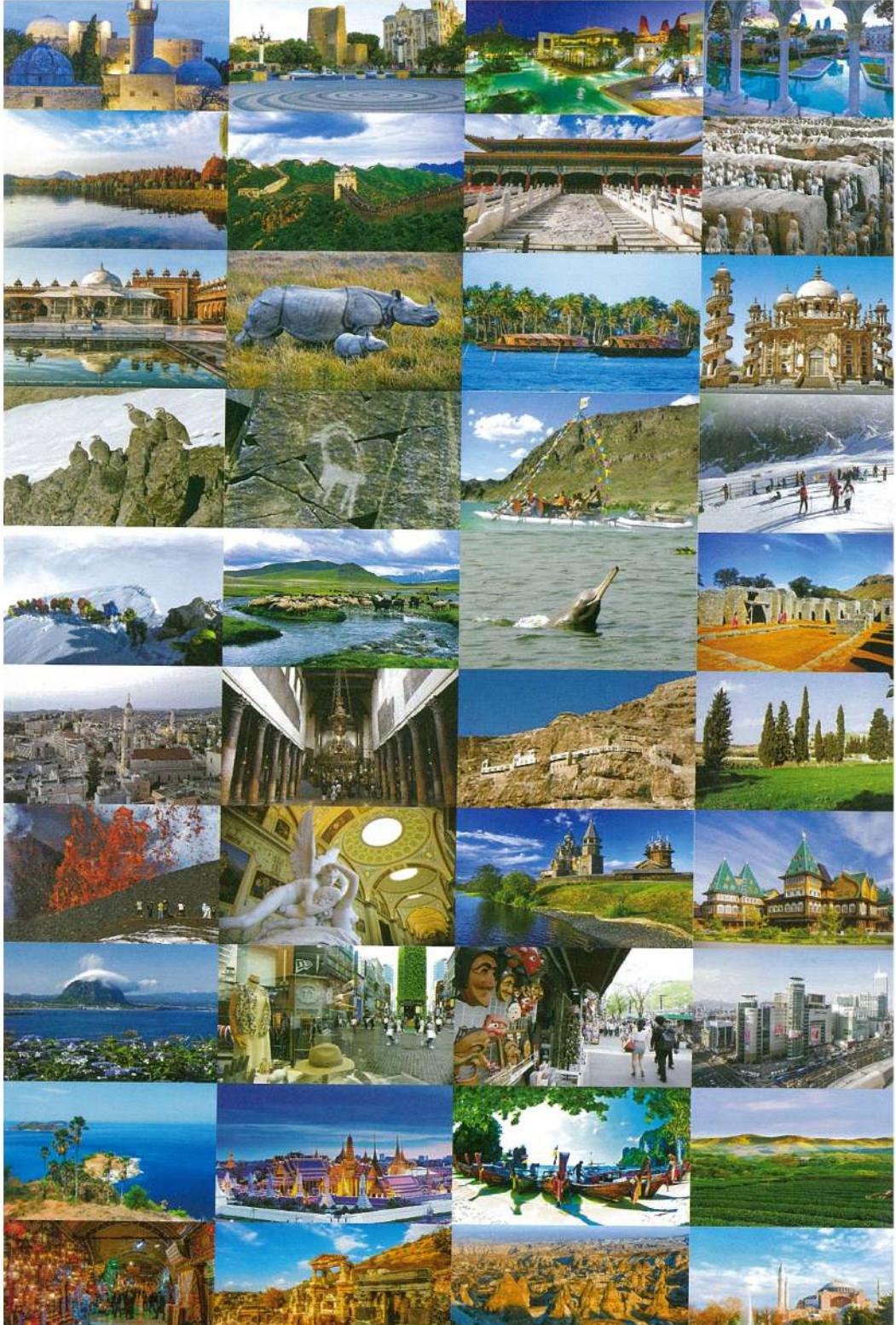


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CHAPTER I

Tourist Guidebook





▶ Azerbaijan

Azerbaijan projecting itself as the “Land of Fire”, is a tangle of contrasts. Neither Europe nor Asia, it is a nexus of ancient historical empires, as well as a “new” nation rapidly transforming itself with a super-charged gust of petro-spending.

The cosmopolitan capital, Baku, surrounds a UNESCO listed ancient core with dazzling 21st-century architecture and sits on the oil-rich Caspian Sea. In the surrounding semi-desert are mud volcanoes and curious fire phenomena. Yet barely one hour’s drive away, timeless rural villages, clad in lush orchards and backed by the soaring Great Caucasus mountains are a dramatic contrast.





Azerbaijan is a country of unique nature, unmatched culture, centuries of history with its customs and traditions; a place which will satisfy the expectations of the most sophisticated gastronomists, and finally, it is the country of Caucasian hospitality and friendliness.

Azerbaijan is located on South Caucasus, on the shores of the Caspian Sea. The population of Azerbaijan exceeds 9.8 million and the territory covers an area of 86,600 square kilometers. Azerbaijan shares borders with Iran, Turkey, Russia, Georgia and Armenia.

Historically a part of the Great Silk Road, Azerbaijan has an amazing historical and cultural heritage with more than 7500 natural, archeological, architectural, and historical monuments. All of this is just a small part of the country's rich and priceless heritage.

It is said that everyone who visits this amazing land leaves a little piece of his soul here. So, come and be our guest. Leave a little piece of yourself, in order to return endlessly.

Baku

At its heart, the UNESCO listed Old City (Içəri Şəhər) lies within an exotically crenelated arc of fortress wall. Around this are gracefully illuminated stone mansions and pedestrianized tree-lined streets filled with exclusive boutiques. In the last decade, countless towers have mushroomed, dwarfing or replacing tatty old Soviet apartment

blocks. Some of the finest new buildings are jaw-dropping masterpieces. Meanwhile romantic couples canoodle their way around wooded parks and hold hands on the boulevard (promenade), where greens and opal blues make a mockery of Baku's desert-ringed location.

Old City

The Old City contains hundreds of historical monuments, four of which are of world importance and 28 are of local importance. You can visit souvenir, carpet and antique shops, and workshops of local handicrafts. It was the first location in Azerbaijan to be classified as a World Heritage Site by UNESCO. You can see Maiden's Tower, Market Square, Bukhara Caravanserai, Multani Caravanserai, Baku Khan's Residence, Shirvan Shahs' Palace, Aga-Mikhail bath house, Double Gates, and several old mosques in Old town.

It is widely accepted that the Old City, including its Maiden Tower, date at least to the 12th century, with some researchers contending that construction dates as far back as the 7th century.

During medieval period, such monuments of Baku as



Old City



the Synyg Gala Minaret (11th century), the fortress walls and towers (11th - 12th centuries), the Maiden's Tower, the Multani Caravanserai and Hajji Gayyib bathhouse (15th century), the Palace of the Shirvanshahs (15th - 16th centuries), the Bukhara Caravanserai and Gasimbey bathhouse (16th century) were built.

Baku was divided into two sections: Ichari (Inner) Shahar and Bayir (Outer) Shahar. The Inner City was the main part. Those who lived in the Inner City were considered natives of Baku. They were in close proximity to everything: the bazaar, craftsmen's workshops and mosques. There was even a church, as well as a military barracks built during the Russian occupation. Residents who lived inside the walls considered themselves to be superior to those living outside and often referred to them as the "barefooted people of the Outer City".

With the arrival of Russians the traditional architectural look of the Old City changed. Many European buildings were constructed during the 19th century and early 20th century, using styles such as Baroque and Gothic.

In 1865, a part of the city walls overlooking the sea was demolished, and the stones were sold and used in the building of the Outer city. The money obtained from this sale went into the construction of the Baku Boulevard. In 1867, the first fountains of Baku appeared in the Boulevard.

In December 2000, the Old City of Baku with the

Palace of the Shirvanshahs and Maiden Tower became the first location in Azerbaijan classified as a World Heritage Site by UNESCO.

Maiden's Tower

This tapering 29m stone tower is Baku's foremost historical icon with rooftop views surveying Baku Bay and the Old City. Possibly millennia old, its original date of construction is the subject of much debate, though much of the present structure appears to be 12th century. The Azerbaijani name, Qız Qalası, is usually rendered 'Maiden's Tower' in English. Vari-

Maiden's Tower





ous versions are considered in the imaginative little multi-media installations that adorn several floors of the tower's interior.

A better translation of Q1z Qalas1 would be 'Virgin Tower', alluding to military impenetrability rather than any association with tragic females. It was certainly an incredibly massive structure for its era, with walls 5m thick at the base and an unusual projecting buttress.

Palace of the Shirvanshahs

This sandstone palace complex was the seat of north-eastern Azerbaijan's ruling dynasty during the Middle Ages. Mostly 15th century in essence, it was painstakingly restored in 2003 with museum items added since, including one or two entertaining audio-visual surprises. Enter via the main ceremonial courtyard. A small gateway on the left leads into the courtyard of the 1428 Divankhana, an open-sided, octagonal rotunda where Shirvanshah Khalilullah I once assembled his court: a decidedly small court it would seem, judging from the structure's diminutive size.

Baku Boulevard

Baku Boulevard is a lovely park that lies along the Caspian Sea. Being one of the major attractions of Baku, it has dozens of different attractions such as music fountains, cafes, carousels, open-air cinema, a ferries wheel and even a small "Baku Venice" that consists of artificial nar-

row channels with boats and gondolas. The International Mugham Center and the famous Azerbaijani Carpet Museum are also located on the Boulevard. This is the loveliest place for the locals to spend.

Flame Towers

Completed in 2012, this trio of sinuous blue –glass skyscrapers forms contemporary Baku’s architectural signature. The three towers range from 28 to 33 storeys – so huge that they’re most impressive seen from a considerable distance, especially at night when they form a vast palate for a light show which interchanges between fire effect, pouring water and the national flag.



Flame Towers.

Haydar Aliyev center

Vast and jaw –dropping original, this Zaha Hadid building is a majestic statement of fluid 21st-century architecture forming abstract waves and peaks that seem to melt together. The real delight is simply pondering and photographing the extraordinary exterior from ever –changing angles. The construction of the building was covered on the channels of Discovery and Science Channel, dedicated to



the most courageous engineering projects of modernity and architectural masterpieces of the world. The interior hosts concerts and several exhibition spaces.

Nizami Street

Endlessly popular with strollers, this leafy piazza forms Central Baku's natural focus. The fountains for which it is named include one topped by shiny silvered spheres giving fish-eye reflections of the trees and stone facades. Don't miss the beautiful statue-inlaid facade of the Nizami Literature Museum, best photographed at night. And outside the large McDonald's notice the bronze statue of a young lady with umbrella, bare midriff and mobile phone.

Fountains Square

Fountains Square is a public square in the heart of Baku. The name of the fountains square derives from the presence of dozens of fountains throughout the square, and it is the first urban square of Baku.

The square is a public gathering place, especially after business hours and during the weekend. It is an attractive tourist destination with many boutiques, restaurants, shops, hotels and passage. Also called in popular culture as the Torgovaya street (Trade) running parallel to Baku Boulevard. The fountains` square is a location for many public festivals, shows and celebrations.

Baku has many more pretty fountains, like the White Fountain in Philharmonic garden, but what make the Fountain Square different is the quantity and diversity of the fountains, the pedestrian walks and the sculptures around the fountains.

It is surrounded with monuments of architecture belonging to the 19th and 20th centuries, such as Nizami Museum, as well as with a number of sculptures of urban residents, installed as decorative elements.

Philharmonic Garden (Governor's Garden)

One of the oldest parks in Baku got one of its names – the Governor's Garden – because of its position in front of the former Governor's House. It was designed in the 1930s and for many years, access to the park was restricted for ordinary citizens while noble people, oil millionaires and high society representatives could visit the garden any time. The famous State Philharmonic and the House of Poets are located in this park. The interesting fact is that today numerous parrots, atypical for the fauna of Azerbaijan, live in the trees of the garden.

Upland Park

This unique park has an amazing open area with a magnificent panorama of the whole city. It was completely renovated in 2013 and became even more beautiful with new set of waterfalls, landscape works and ornamental



plants. Being the highest point of Baku, the park opens a panoramic view to the city and its bay. If you would like to see a bird's eye view of Baku, or just have a walk, this place is a must visit point of your journey. The park can be reached via Baku Funicular or with wide stairs. If you would like to lose some calories after delicious Azerbaijani style dining, climbing to the park by stairs will be the best way to do that. The Upland Park also houses the Alley of Martyrs and neighborhoods with the Flame Towers.

Ateshgah Fire Temple

The Temple of Eternal Fire is an authentic site and well-known all over the world. Located in Surakhany suburb of Baku, this territory is known for such unique natural phenomena as burning natural gas outlets (underground gas coming onto the surface contacts oxygen and lights up). The temple in its present state was constructed in the 17th–18th centuries. It was built by the Baku-based Hindu community related to Sikhs. However, the history of the Temple is even longer. From times immemorial this was the holy place of Zoroastrians – fire worshippers.

Yanardagh

Being a real burning hill, Yanardagh or “Burning Mountain” has been burning for as long as anyone can remember, and the fire isn't showing signs of going out any time soon. Situated on the Absheron Peninsula, Yanardagh

is a 116-metre hill located on top of a pocket of natural gas that constantly erupts into flames. These flames jet out at least three meters into the air, through a porous layer of sandstone. Unlike the other mud volcanoes of Azerbaijan, Yanardagh has no seepage of mud or liquid, so the fire always burns. A ten-meter long wall of fire continuously burns alongside the edge of the hill. This makes for the most spectacular view, especially at night. The air around this open fireplace is always thick with the smell of gas. The heavy Absheron wind, twisting the flames into bizarre shapes, adds to the mystery of the region. Tongues of fire also rise from the surface of the streams located around the hill.

Gobustan

Gobustan – about 6,000 mysterious rock paintings and scripts describing people and animals, and unique active mud volcanoes – that's the historical-artistic reserve Gobustan or simply Gobustan – one of the rarest monuments of world culture, one of the first centers of human civilization. Unique surveys about the habitants of the region in the Stone Age and the later ages are collected in Gobustan Mountains. In 2007 Gobustan petroglyphs were inscribed into World Heritage List of UNESCO.



Azerbaijan Carpet Museum

Carpet weaving is one of the oldest and most widespread types of folk art and craft in Azerbaijan. In 2010, the art of Azerbaijani carpet weaving was added to the Representative List of the Intangible Cultural Heritage of Humanity. There are seven major carpet weaving schools distinguished by patterns, composition, color palette and techniques in Azerbaijan: Guba School, Baku or Absheron School, Shirvan School, Ganja School, Gazakh School, Karabakh School and Tabriz School. If you would like to witness the splendor of Azerbaijani carpets we invite you to visit the Azerbaijan Carpet Museum located on the seaside boulevard. Also you can see the rarest specimens here. Established for researching, keeping and displaying carpets and carpet items, as well as applied art works, the Museum has the largest collection of Azerbaijan carpets in the world.

► China

The Great wall

The Great Wall, located in northern China, is 6,700 kilometers long and thus known as the “10,000–li Great Wall”. Construction of the wall went on for more than 2,000 years. First segments of the wall were made as early as in the 7th century AD. Majority of existing wall was built from 7th century to 14th century AD. The wall has become a symbol of both China’s proud history and its present strength.

The Great wall





The Palace Museum



Qinshihuang's Mausoleum
and Terra-cotta Army

The Palace Museum

The Palace Museum, also called the Forbidden City, is located in the center of Beijing. The imperial palace used by emperors of the Ming and Qing Dynasties is the largest and most complete ancient wooden-structure building in the world. Construction of the Forbidden City started in 1406 and lasted 14 years. 24 emperors were enthroned there.

Qinshihuang's Mausoleum and Terra-cotta Army

Qinshihuang's Mausoleum is located in Lintong District, 35 kilometers east of Xi'an, capital of Shanxi Province. Construction of the mausoleum lasted 38 years and involved over 700,000 workers. Over the years, a total of 50,000 important cultural relics have been unearthed. In 1980, two bronze painted horse-drawn chariots were unearthed. They are the largest and most complete bronze chariots and horses discovered so far. In 1974, farmers who were digging a well about 1.5 kilometers east of Qinshihuang's Mausoleum

discovered three vaults containing Qinshihuang's Buried Legion. The largest of the three vaults contains 6,000 life-size terracotta warriors and horses. The collection of warriors is often dubbed the "eighth wonder of the world".

Jiu zhai gou

Jiu zhai gou is the world's natural heritage, it is also a National Nature Reserve, it is a famous scenic spot in China. Jiu zhai gou's forest coverage rate is more than 80%. The main protection of National Nature Reserve contains rare animals such

Jiu zhai gou





West Lake

as pandas and other natural ecological environment. In different places, you can find different charm of Jiu zhai gou, it has become the magic of Chinese and foreign tourist's dream world.

West Lake

West Lake has not only beautiful scenery, but also rich cultural history. It has 5 national key cultural relics protection units, 35 provincial key cultural relics protection units, and 25 municipal cultural relics protection units. It is one of China's famous historical and cultural tourist attractions, and also the symbol of Hangzhou.

▶ India

Backwaters of Kerala

The scenic backwaters of Kerala comprise serene stretches of lakes, canals and lagoons located parallel to the coast of the Arabian Sea. The backwater regions of Kerala are one of the most popular tourist destinations in the world. The tranquil backwater cruises are a once in a lifetime experience. Alappuzha, known as the 'Venice of the East', is especially popular for its houseboat cruises where you can soak in nature at its finest



Backwaters of Kerala



form. Cruise leisurely through the canals in Kuttanad, popularly known as the Rice Bowl of Kerala, which are fringed by palm groves and paddy fields. Lose yourself to the soothing breeze and the reassuring touch of sunlight. The memory of this cruise will be etched in your mind and will surely tug at your heartstrings and stir your soul for all the years to come.

Mahabat Maqbara, Junagarh

Mahabat Maqbara also Mausoleum of Bahaduddinbhai Hasainbhai, is a beautiful mausoleum in Junagadh, India, that was once home to the Nawabs of Junagadh. It has splendid arches, many domes, and towering minarets. The architecture is detailed and opulently done. It has finely carved silver doors. Its striking art and architecture makes it one of the city's most important historical landmarks. The city of Junagadh has other 18th century mausoleums built by the Nawabs in the area around Chitkana Chowk.

Started in 1878 by Mahabat Khanji and completed in 1892 by his successor, Bahadur Khanji, the Mahabat Maqbara houses the tombs of Mahabat Khanji and Bahaduddin Maqbara of Bahaduddinbhai Hasainbhai, vizir of Nawab Rasul Khanji. Standing



Mahabat Maqbara, Junagarh

over the grave of Nawab Mahabat Khan II, the tomb is a mixture of Islamic, Hindu and European influences, typical of Junagadh's royal monuments from the late 19th century.

Bandhavgarh Tiger reserve, Madhya Pradesh

Bandhavgarh is a world famous Tiger reserve, spread over Vindhya mountains in Madhya Pradesh State. It is a Tiger Reserve with highest density of Tigers in India. Bandhavgarh is such a popular tiger sighting national park that no tiger safari itinerary can be considered complete without including it in tour program.



More than 22 species of mammals and 250 species of birds & 70 species of butterflies are found in Bandhavgarh National Park. Common Langurs and Rhesus Macaque represent the primate group. Carnivores include the Tiger, Leopard, Asiatic Jackal, Sloth Bear, Ratel, Bengal Fox, Striped Hyena and Jungle Cat. The artiodactyls frequently sighted are Wild Boar, Spotted Deer, Sambar, Chausingha, Nilgai (Blue -bull), Chinkara. Mammals such as Dhole, the small Indian Civet, Palm Squirrel and Lesser Bandicoot Rat are seen occasionally. It is said that India's first white tiger was found in forest area of Bandhavgarh due to which it is also called white tiger country.



Brihadishvara Temple

Brihadishvara Temple, also referred to as Rajesvara Peruvudaiyr or Brihadeeswarar Temple, is a Hindu temple dedicated to Shiva located in Thanjavur, Tamil Nadu, India. It is one of the largest South Indian temples and an exemplary model of a fully realized Tamil architecture. Built by Raja Raja Chola I between 1003 and 1010 AD, the temple is a part of the UNESCO World Heritage Site known as the “Great Living Chola Temples”, along with the Chola dynasty era Gangaikonda Cholapuram temple and Airavatesvara temple that are about 70 kilometers (43 mi) and 40 kilometres (25 mi) to its northeast respectively.

Built out of granite, the vimana tower above the sanctum is one of the tallest in South India. The temple has a massive colonnaded corridor and one of the largest Shiva lingas in India. It is also famed for the quality of its sculpture. The temple is one of the most visited tourist attractions in Tamil Nadu.



Brihadishvara Temple

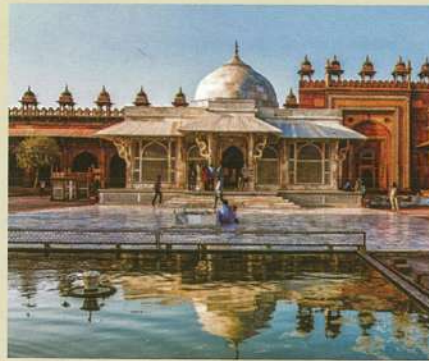
Fatehpur Sikri

Listed among the World Heritage Sites, Fatehpur Sikri

ranks among the most visited spots in India. Situated at an easy distance from the city of Agra in the state of Uttar Pradesh, Fatehpur Sikri is an important specimen of the Mughal dynasty. By going for tours to this historical site, you can get a feel of the rich historical culture of medieval Mughal India.

Fatehpur Sikri was made the political capital of the Mughal Empire by Emperor Akbar from the period of 1571 to 1585. The capital was later shifted to the city of Agra. There are majestic buildings built by Akbar in Fatehpur Sikri. There is a fort at the site which is a blend of Mughal and Persian architecture. The ideal time for undertaking tours to Fatehpur Sikri is between the months of November and February. The weather at this time of the year is pleasant with sunny skies and little rainfall.

Fatehpur Sikri is also well accessible as it is well connected with other parts of the country. The nearest airport is located in Agra. By roadways, Fatehpur Sikri is connected with Delhi, Jaipur and other places.



OPENING HOURS – Sunrise to Sunset

MUSEUM: There is an Archaeological site Museum near Diwan-I-Am booking counter. It is opened from 9.00 AM to 5.00 P.M.



Kaziranga National Park

Kaziranga National Park

Kaziranga National Park represents one of the last unmodified natural areas in the north-eastern region of India. Covering 42,996 hectares, and located in the State of Assam, it is the single largest undisturbed and representative area in the Brahmaputra Valley floodplain.

Kaziranga is regarded as one of the finest wildlife refuges in the world. The park's contribution in saving the Indian one-horned rhinoceros from the brink of extinction at the turn of the 20th century to harbouring the single largest population of this species is a spectacular conservation achievement. The property also harbours significant populations of other threatened species including tigers, elephants, wild water buffalo and bears as well as aquatic species including the Ganges River dolphin. It is an important area for migratory birds.

Lachung

Lachung is a mountain village close to the Tibetan border, in the northeastern Indian state of Sikkim. It's divided by the Lachung River. The village is home to the 19th-century Buddhist Lachung Monastery, surrounded by

apple orchards. Nearby, the Yumthang Valley's Shingba Rhododendron Sanctuary protects many species of rhododendron. The valley is also known for its waterfalls, pine forests and hot springs. Lachung has majestic mountains all around that tempt tourists to travel here every year. It has several snow covered mountains, sparkling streams, peaks, amazing waterfalls and much more. It is the perfect tourist spot which guarantees you pleasurable holidays amidst apple orchards, peaches and apricots. The market of this village is filled with handicrafts such as exquisitely woven rugs and blankets that make this town ideal for shopping sprees. Lachung means 'Small Mountain' and it gets this name as it is outlined by majestic mountains. There are a few interesting places that you must visit during your trip to Lachung. Gompa is the famous sightseeing spot in this city and Mount Katao is a good destination near Lachung that is sited at a distance of thirty kilometers.

Lamayuru

Lamayuru is home to one of the oldest monasteries in



Best time to visit Lachung

The time from October to June is the best time to visit Lachung since the weather is pleasant at this time. Lachung experiences mild summers with winters being very cold and monsoon receiving heavy rainfalls. Avoid visiting Lachung in the monsoon season.



Lamayuru



Nalanda

Ladakh, dating back to the 10th century. Local legend has it that the place was once a lake that dried up. The village has around 100 houses scattered around the Lamayuru Monastery. Lamayuru village is 125 km from Leh on the Leh – Srinagar Highway. Also known as Yung –Drung, this monastery is home to more than 150 monks and houses a rich collection of artifacts, wall paintings, thangas, statues, carpets and an impressive 11-headed, 1000 eyed image of Chenzing. Apart from the monastery, Lamayuru also attracts tourists for its beautiful landscape which is quite similar to the lunar territory. Although it's quite remote, it is a favorite jaunt for photographers and trekkers.

Nalanda

The establishment of the ancient Nalanda as an undisputed seat of learning was a natural consequence of the time and place in which it was situated. Ancient Magadha was characterized by an intellectual ferment unlike any known to mankind. Nalanda University was able to meld multiple discourses and to embrace knowledge in its entirety to become uniquely attractive for all seekers of pure knowledge.

Historical sources indicate that the University had a long and illustrious life which lasted almost continually for 800 years from the fifth to the twelfth century CE. It was a completely residential university believed to have 2,000 teachers and 10,000 students. The Nalanda ruins reveal through their architectural components the holistic nature of knowledge that was sought and imparted at this University. It suggests a seamless co-existence between nature and man and between living and learning.

Paolem Beach, Goa

Picturesque Palolem Beach, enclosed by a thick forest of coconut palms in far south Goa, is arguably the state's most beautiful beach. This mile long, shady, semi-circle shaped beach continues to grow in popularity every year, and it's become very lively with the diverse crowd that it attracts. It is located in South Goa 76 kilometers from



Paolem Beach, Goa



Sun Temple at Konark

Panaji, capital of the State of Goa

Sun Temple at Konark

One of the most stunning monuments, a true masterpiece of architecture proudly stands in the form of Sun Temple at Konark. A culmination of Oriya architecture, the temple is a wonderful place as the language of stone defeats the human language here. Built in 13th century by King Narasimhadeva, the temple is designed in the shape of a colossal chariot with seven horses and twelve wheels, carrying the sun god, Surya, across heavens.

Located at a manageable distance from Puri at 35 kilometers; the temple is around 65 kilometers from the capital city of Bhubaneswar. The name of Konark temple is an amalgamation of two words—Kona meaning corner and Arka meaning the Sun. That is to say that the Sun god worshipped in Ark Kshetra is called Konark.

► Kazakhstan

Today, Kazakhstan is providing all existing types of tourism – cognitive, entertaining, ethnic and ecological.

Recently, interest in Kazakhstan as a tourist destination, has increased considerably throughout the world. This has resulted in progressive increase in the range of tourist services provided by local tour operators to attract more travelers.

Being at the center of Eurasia, Kazakhstan is a special natural complex that absorbed the brightest examples of the landscape of both parts of the continent. To prove this assertion, it is sufficient to take a road trip from north to south. During the





journey covering a distance of 1800 km, it is possible to cross the four landscape zones – forest–steppe, steppe, semi–desert and desert.

This diversity of natural landscape points to the wealth of flora and fauna of the country. According to zoologists, more than 6,000 species of plants grow, 500 species of birds nest in the vast area of the country and 107 species of fish are permanent residents in rivers and lakes.

Network of national nature reserves has been set up to preserve the wealth of flora and fauna in Kazakhstan. The most famous of them are Aksu Zhabagly (home to the snow leopard, white–clawed bear, long–tailed marmot, lynx and wolves); Korgalzhyn (pink flamingo nests); Kuludzhunsky Nature Reserve (home to grey crane, dwarf eagle, white egret, Zaisan round–headed lizard); Markakolsky reserve (in the waters of the giant lake Markakol lives uskuch – local variety Siberian Lenca). These and other protected areas of the country can be visited by tourists.

Beluga, Marble Pass, Ulytau, Kok–Kol Waterfall, Kazygurt, Burhat Pass – are among the list of attractions of the mountainous part of Kazakhstan, which are visited annually by hundreds of outdoor enthusiasts. One of the main natural symbols of the republic is the northern part of the mountain massif Tien Shan, or Zhetysu (Seven Rivers), as the locals call it. In the old days Zhetysu was at crossroads of many trade and military routes.

The northern most mountain chain of Kazakhstan's Tien Shan is Ile Alatau. The length of the mountain range is 400 km. In Ile Alatau the most popular climbing routes are located in the Small Almaty gorge glacier Bogdanovich. The main attractions here are Glacier Pogrebetsky (4231 m), passes Tuyuk Su (4100m), Ordzhonikidze (3930 m), Komsomol (4000 m), Manshuk Mamet m) and peaks Locomotive (4182 m), Amangeldy (4000 m), Abay (4010 m), Schoolboy (3590 m) among others.

Kazakhstan is a country with a unique culture and rich historical past. Ethno-tourism is another area of tourist attraction. Visitors interested in true life of the Kazakh people – their traditions, rituals, creativity and culture – will find a lot of interesting things in every part of the country.

One of the iconic sights of Zhambyl region is Berkara Gorge, located on the territory of the state reserve Berkarinsky. There are 504 mounds in the gorge, four of which belong to the ancient Saka period according to historians. It is said that the lands of the current Berkarinsky reserve once stopped Genghis Khan with his great army.

Museum complex Zhabayev is in the Almaty region. Within the museum complex there is the mausoleum of Zhambyl Zhabayev. History of this monument is a clear characteristic feature of not only the way of life of Zhambyl, but in general the epoch in which the poet lived and worked.

In addition to the specific historical monuments of the



country, there are ethnographic parks, the largest of which is the Atamekan Ethno – Memorial complex “Map of Kazakhstan” in Astana. Atameken is a unique open – air museum. There are 14 provinces and 2 cities – Astana and Almaty – on the map. It shows the climatic zones and landscapes of the country as well as main city attractions and historical monuments of Kazakhstan a miniature form.



Another track of the tourist industry of the country is water tourism. Kazakhstan is not only the steppe region but also a country of rivers and lakes. Major concentration of water bodies is in the region of Zhetysu (Seven Rivers) in the south – east of the country. Almost all the rivers of Zhetysu belong to the basin of Lake Balkhash. Most popular rivers among local and foreign tourists are Ili, Charyn, Cox, Karatal and Chilik. River Ili is formed from two rivers – Tekes originating in Kazakhstan and Kunges originating in China. Charyn is full – flowing, turbulent river formed by river Temerlik and a number of small tributaries. The river has several interesting points – Munay Cascades, Toothbrush, Tau – Teke, Saigak and Armadillo. In the Kulkutay mountains Charyn flows through a canyon. Cox originates from the glacier Baskan, located on the northwest slope of Jungar Alatau. The top of the valley of the river is rocky. The maximum flow velocity is 37 meters per sec-



ond. Tourists can enjoy rafting on the river Cox. Chilik is the largest river in the Trans-Ili Alatau. Billabong is located on the eastern slope of Mount Kemin-Chilik at an altitude of 3350 m. On the way to the lake Bartogai Chilik passes through

Zhalanash Valley and Upper Blue and Bartogai canyons. Chilik is a typical mountain river with turbulent water.

Kazakhstan promotes winter sports in a big way. Back in the 1950s Soviet architects created a unique sports complex Medeu at an altitude of 1691 m above sea level. The main highlight of this structure is the world's largest skating rink with artificial ice. Unique artificial freezing system can save high-quality coatings more than 8 months of the year. From the time of its coming into existence, 26 world records were created the ice rink of Medeu.

Another major winter-sport attraction of Kazakhstan is the ski resort Shymbulak. The resort is located in the gorge of Trans-Ili Alatau 25 km from Almaty. The resort has snow from November to May. More than 300 days a year, Shymbulak witnesses sunny weather. The snow cover on the slopes is 150 cm on average. The ski slopes are equipped with cable lifts. The resort operates a hotel that can accommodate up to 114 visitors.

A large number of foreign tourists visited Kazakhstan



during the international exhibition EXPO –2017. Tourists were offered packages to visit the places which are the pearls of Kazakhstan, including Borovoye, Karkaralinsk, East Kazakhstan and others.

A tourist route “Korkyt Music and Space Harbor” was especially developed for the visitors to the exhibition expo 2017.

The highlight of this tour was visit to the famous route around the Turkic–speaking world of the complex Korkyt–ata in Karmakshy district of Kyzylorda region; and excursion to the space–launch complex of Baikonur. Tourists can also make a short trip to appreciate the charms of the resort lake Kambash, the beauty of the Small Aral Sea, and to see the ancient monuments, recreational areas.

Great Silk Road

Silk Road or Zhibek Zholy, originated as a trade route in the third century BC.

Section of the track passing through Kazakhstan is a unique complex of historical, archeological and architectural monuments, including experience in planning and construction of cities like Otrar, Sairam, Sygnak, Sauran, Suzak, Turkestan, that were not only trade centers, but also scientific and cultural centers.

Mausoleum of Khoja Ahmed Yasawi is a unique masterpiece of architecture belonging to the end of 14th and the beginning of 15th century. It was built on the orders of the



Great Silk Road

Great Tamerlane. Mausoleums of Aisha Bibi and Babaji–Khatun (10th – 12th centuries); mausoleums of Karahan and Daudbeka in Taraz; mosques and many other sacred sites allow travelers to experience the atmosphere of past centuries.

The world–famous space–launch complex Baikonur is located along ancient silk road in South Kazakhstan. Soon, not only the people of Kazakhstan, but also residents of other countries will be able to get close to space. It is planned to create an entertainment center with modern hotels and industry in Baikonur. There will be a hub simulating the control flight into space, a planetarium and a museum of the history of space exploration.

Charyn Canyon

Charyn Canyon is one of the most unique



Charyn Canyon

products of nature. It is considered to be the little brother of the Grand Canyon in the US and is also often compared with it. Total length of the Canyon created by river Charyn is 200 kilometers.

The most famous area of unique interest in the Park is certainly Charyn Canyon. This picturesque landscape impresses with its heavenly landscapes. The Canyon depth is 200m. The height of the bluff mountains of the Canyon reaches 150–300m. The Canyon itself represents a monument of nature formed with sedimentary rocks aged more than 12 million years. The landscapes are virtually miraculous there. Charyn Canyon glows in scarlet, pink and orange colors at sunset when the sun is disappearing behind the horizon. There is quietude around, and the Charyn river bobbles washing against the cliffs can only be heard from below. This sight will leave nobody indifferent.

The area around the canyon abounds in poplars, tamarisk and is similar to unexplored wilderness the River Charyn flowing through the canyon carrying cool air of the mountains. In the valley of river Charyn, the famous grove of ash extends for more than 200 kilometers. It was deposited over a long period of time.

Above the canyon is an accumulation of sedimentary

rock from which water, wind and the sun have built unprecedented structures, each of which has its own name: Valley of Castles, Witch and Zendan. Fantastic canyon is complemented with combinations of different colors and shades.

Charyn Canyon originated during the Paleogene age. Its geological age is more than 30 million years. Another uniqueness of canyon is its landscape. There are very few places of its kind around the world.

Altyn–Emel

Fans of nature will find a paradise in the National Park Altyn–Emel, which is located in an area of 90 square km between the river and the mountain chain of Ile AkTau. It is possible to see the cave paintings, abundant wildlife and unique natural phenomenon – “Singing Sands”. This is a huge dune, imitating a sound similar to the signals of riverboats. Dune, at an altitude of 300 meters, extends over 3 kilometers. Singing Dunes make a lasting impression. Barely perceptible movement of sand down the slope creates a buzz sound and vibration. Due to friction created by the movement of the sand and the dry air, sand gets electrified making the sound that can be heard several kilometers away.

Tamgaly

Tamgaly stretches in 160 kilometers from Almaty



Altyn-Emel



Monuments of Mangyshlak

Gorge.

Thousands of unknown petroglyphs were discovered here. This gorge is a true gallery of ancient art. The walls of the gorge are covered with pictures of animals and scenes of life at that time carved with metal.

A large number of ancient tombs are also found in the area along with stone enclosures with boxes and cists belonging to middle and late Bronze Age and burial mounds of earth and stones of the period from early Iron Age to the present.

Monuments of Mangyshlak

Protected monuments of ancient Mangyshlak, Ustyurt are among numerous memorable places of Kazakh epos. Aktau was and remains one of the major holiday destinations in the region. Tourists can see not only Karagiye depression but rocky hills, picturesque canyons with spring water. You can visit the necropolis and underground mosques, built by talented stonemason masters. There are many beaches on the coast of the Caspian Sea. The sandy and rocky beaches are ideal for fans of extreme tourism. It

is possible to climb the rocks and go directly to the sailboat.

The region also affords unique climatic opportunities for rehabilitation, hunting, fishing and water sports.

Ecological and Adventure Tourism

Northern Kazakhstan offers opportunities for relaxation as well as adventure tourism with its unique landscape and climatic conditions.

National Park “Kokshetau” includes a large number of resort areas and is known for many years as a good place to relax. The landscape and the nature of this unique area, as well as the tourist paradise located in the steppes, are simply unforgettable. Numerous lakes give special beauty to this place. No wonder this place is known as Little Switzerland. Every year thousands of tourists come here for recreation, fishing, eco-tourism, hunting, hiking and tourism.

Kazakhstan has significant resources to engage in sports tourism and mountaineering, skiing (Northern and Western Tien Shan, Jungar Alatau, Rudny Altai). “Shymbulak” is a ski resort 25 km from Almaty in the Trans-Ili Alatau gorge at an altitude of 2200 meters. This place is very attractive for its mild climate and plenty of sunny days. Thick snow cover that lasts from November to May, as well as a beautiful view of the surrounding mountain peaks and ridges of Almaty and East Kazakhstan regions



have all the conditions for mountaineering, rock climbing, skiing and sledding.

At the moment, tour operators in Kazakhstan have developed 904 routes, including those that pass through national parks, Altyn –Emel, Ile –Alatau, Caton –Karagan, Burabay, Karkaraly, Aksu Zhabagly and others. Fans of exotic and adventure, tired of hotel service and comfort, can live in the Kazakh yurt, learning local customs, way of life and traditions.

Hunting with Birds of Prey In Kazakhstan

Hunting with birds of prey is another kind of ecological tourism. Hunting using specially trained bird of prey is an exciting spectacle, showcasing bright esthetic features and the antiquity of the age-old hunting traditions of the Kazakh people. Since ancient times, it was considered very presti-



gious to have a hunting falcon or golden eagle. Only rich and honorable persons could afford such a pleasure. Experienced and successful eagle hunters enjoyed enormous prestige and respect among the people. They continue to live and develop the tradition of falconry and hunting-eagle in the modern Kazakhstan. Traditions are passed from generation to generation.

After sighting the game hunter releases the eagle who, with a rapid attack, catches the game in its powerful claws within seconds of flight. Duel of birds and animals against the backdrop of the majestic mountains of the Tien Shan (Heavenly Mountains) leaves a lasting impression for life.

Place for hunting with birds of prey is Syugatinskaya Valley in the Almaty region. Syugatinskaya Valley stretches more than 50 kilometers from east to west. It is possible to get to the valley through Kokpek gorge on Almaty – Narynkol highway.

Duck Hunting

Wild Duck (pheasant and wild goose) is one of the most popular objects of commercial and sport hunting. It generally lives in the shallows of rivers with bare shore,



where the current is very fast. During breeding season, wild duck prefers ponds, with a lot of reeds and low salinity. In the area of forest, this bird can live in the swamps.

Hunting for duck is a great opportunity to show shooting ability, particularly when shooting a flying duck. Territory for duck hunting is South Kazakhstan region of Chushkakol and Shardarinskoe reservoirs; Egensu and Karaksu lakes; areas of Lake Balkhash; and the Ili River delta.

Periods earmarked for hunting are 1 March to 10 May for spring hunting and 20 August to 15 October for autumn hunting.

Chukar Hunting

Chukar is a typical mountain bird. Sometimes it is also called stone partridge. In Kazakhstan this bird is common in the mountains of the east, southeast and south. They in-

habit the slopes overgrown with bushes, rocky ledges and scree. Stone partridges are mainly hunted for sport. In some places commercial hunting is also done.

Like any mountain hunting, chukar hunting requires good physical stamina. Chukar hunting is among the most challenging bird hunting sports. Partridges fly with a loud bang of wings, but never together in the same direction. They



Chukar Hunting

scatter in different directions downward and then quickly disappear.

The permitted period of hunting is from 15 September to 30 November. In Almaty region hunting chukar is done in the rocky slopes of the foothills of the Jungar Alatau and the Trans-Ili at a distance of 150–300 kilometers from Almaty.

Trophy Hunting

Kazakhstan abounds in game trophies. Hunting ground of Bayankol is located in the south-eastern part of Kazakhstan, 360 kilometers east of Almaty. It is a picturesque part of the Tien Shan mountains, a five-hour drive from Almaty.

The main attraction and pride of this area is the famous Khan-Tengri located at 7050 meters above sea level. The fauna of this area is represented by a wide variety of wild animals.

Argali, a large hoofed animal, remain intact in the wild. These magnificent creatures are an excellent facility for professional hunting. Since the animals are under special protection, permits for hunting argali are quite expensive.

Hunting for red deer is the most complex and interesting type of hunting. If successful, hunter can acquire excellent game trophies.

Siberian mountain goat (tech) is a wild mountain goat



that lives in the high rugged mountains and glaciers. The average length of the horns of the male tech is 115–120 cm. In some cases, it can reach 130–141 cm. Hunting tech is a great opportunity to acquire trophy.

Siberian roe deer, wolves, foxes and wild boar are also objects of trophy hunting.

Anyone who likes to watch the beauty of nature will get a unique pleasure of traveling on the paths along the quiet lakes and clean rivers, through the shadows of the forest fur. Hiking and photography allows capturing one of the world's most beautiful mountain peaks Khan Tengri.

Brown Bear Hunting

Brown bear is a big beast of a massive built. It hibernates in winter. Though it looks clumsy, it very mobile and agile. In Kazakhstan it is a prestigious trophy in any hunting collection.

Hunting for bear can be dangerous but is not losing its appeal. Bear is very strong and can move up to 200–300 meters even when it is mortally wounded. It is difficult to find a wounded bear because it does not leave any bloody trail due to rapid clotting and a layer of fat.

Hunters for bear are highly respected at all times among hunters. They are elite hunters with very high hunting



Trophy Hunting

skills. Hunting for brown bear is done in East Kazakhstan where it is found in large numbers in the mountainous regions of Altai, Tarbagatai and Saura. Authorized period of bear hunting is from 1 September to 30 November.

During the hunting tour the hunter can get acquainted with the traditions and customs of the Kazakh people, enjoy dishes of national cuisine, admire the beauty of the wildlife of East Kazakhstan.

Wolf Hunting

Wolf is one of the cleverest and dangerous predators. The wolf population in Kazakhstan has about 90,000. Hunting wolves requires a lot of skill and patience. Wolves are the inhabitants of the steppes and the foothills.



Wolf Hunting

Hunting season is from 15 January to 10 March.

Hunting area is the picturesque part of the Tien Shan mountains around five hours drive from Almaty.

Fishing in mountain rivers Turgen Assy, Chilik, Yle

Tourists go through a fascinating journey by minibuses and motor boats for fishing in mountain rivers of South Kazakhstan. Journey passes through Turgen gorge, Bear



waterfall, Bartogai reservoir, skating rink of Medeu, ski resort Shymbulak and cableway to the Talgar Pass (3000 meters above sea level). Assy and Chilik rivers provide opportunity for trout fishing. Fishing season is from June to September.

On the river Ili, in its delta, you can try underwater fishing. Pure clear water in this location just creates ideal conditions for this type of fishing.

Fishing on Lake Balkhash

Lake Balkhash is a wonderful place for fishing. Fishing here is a great pleasure and brings a lot of positive emotions. Tourists come here from across the globe. Fishing on the Lake Balkhash has always been popular because of fish trophies of epic proportions. The fishing area is inhabited by all kinds of fish: roach, carp, chub, carp, perch, catfish, carp, snakehead, rudd.



Fishing on Lake Balkhash

The best time for fishing is from mid-April to beginning of June and end of August – September.

► Pakistan

From the mighty stretches of the Karakorams in the North to the vast alluvial delta of the Indus River in the South, Pakistan remains a land of high adventure and nature. Trekking, mountaineering, white water rafting, wild boar hunting, mountain and desert jeep safaris, camel and yak safaris, trout fishing and bird watching are a few activities, which entice the adventure and nature lovers to Pakistan.

Pakistan is endowed with a rich and varied flora and fauna. High Himalayas, Karakoram and the Hindukush ranges with their alpine meadows



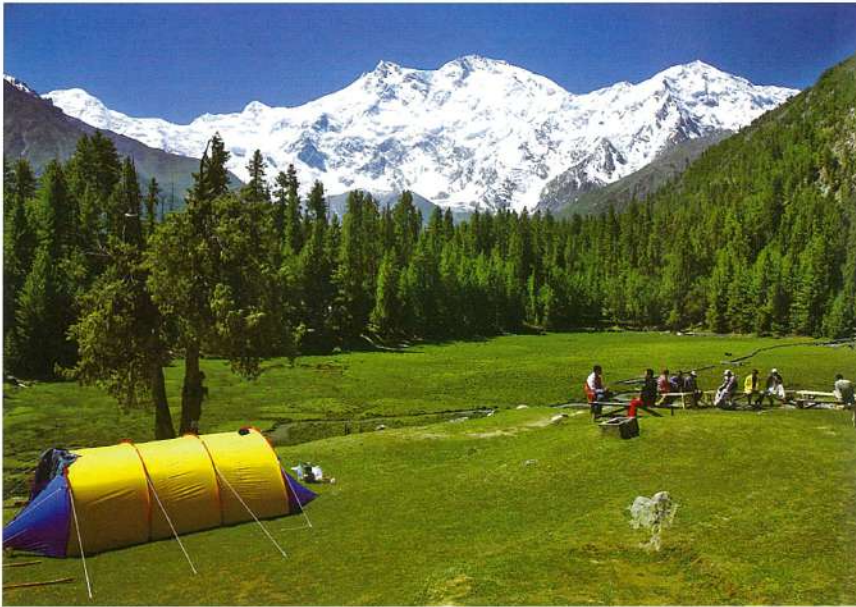


and permanent snow line, forests down the sub–mountain scrub, the vast Indus plain merging into the great desert.

Adventure Tourism:

Mountaineering

Gilgit–Baltistan, spread over 72,496 square Kilometers is as fascinating as its southern region. Amidst towering snow–clad peaks with heights varying from 1000 meters to over 8000 meters, the valleys of Gilgit, Hunza and Skardu recall Shangri–La. The cultural patterns in this region are as interesting as its topography. The people with typical costumes, folk dances, music and sports like polo and



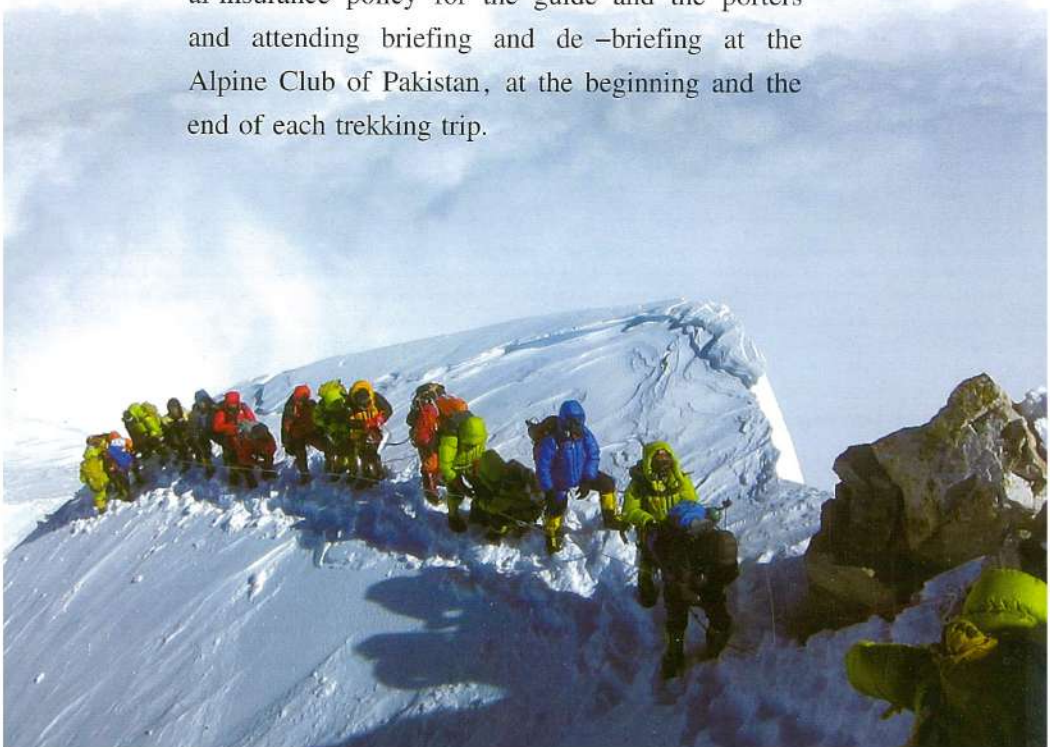
buzkashi provide the traveler an unforgettable experience. Nowhere in the world there is such a great concentration of high mountains, peaks, glaciers and passes except Pakistan. Of the 14 over 8000 peaks on earth, 4 occupy an amphitheater at the head of Baltoro glacier in the Karakoram range. These are: K-2 (8611 m, world second highest), Broad Peak (8047m), Gasherbrum I (8068m) and Gasherbrum II (8035m). There is yet another which is equally great, that is, Nanga Parbat (8126m) at the western most end of the Himalayas. In addition to that, there are 68 peaks over 7000 m and hundreds which are over 6000 m. The Northern Pakistan has some of the longest glaciers outside Polar region; Siachen (72 km), Hispar (61 km.), Biafo (60 km.), Baltoro (60 km.), Batura (64 km.), Yenguta (35 km.), Chiantar (34 km.), Trich (29 km.) and Atrak (28 km.). The lower Himalayan valleys of Swat, Kaghan and Chitral in the Hindukush range equally share the beauty and diverse culture of the Northern Pakistan.

Trekking

Pakistan is a paradise for Trekkers. Most of the trekking routes lie in the northern mountains of the Hindukush, the Karakorums and the Himalayas. Trekking season is between May to October. The Government has defined trekking as walking below 6000 m. It has designated three zones for trekking, open, restricted and closed. For-



eigners may trek anywhere in open zone without a permit or services of a licensed mountain guide. For trekking in restricted zone, foreign tourists must submit their application through designated tour operators duly registered with Government of Pakistan and deposit a fee of US\$ 75 per person per trek. Trekking permits for restricted zone are issued after completion of formalities and receipt of application in Gilgit Baltistan Council Secretariat, Benevolent Fund Building Block –B, Zero Point, Islamabad. Tel: +92 –51 –9253273, +92 –51–9253265 Fax: +92–519253262. It also requires hiring a licensed mountain guide; buying a personal insurance policy for the guide and the porters and attending briefing and de –briefing at the Alpine Club of Pakistan, at the beginning and the end of each trekking trip.



White Water Sports

The rivers of Pakistan are spread like a net through its length and breadth. Right from the heights of the Karakorams, the Himalayas and the Hindukush, Pakistan's rivers change their courses and flow until they all meet the mighty Indus, at different points, which ultimately falls into the Arabian Sea. These rivers are ideal for all types of water sports like, rafting, canoeing, boating and sailing. Following rivers in the Northern Pakistan, are open for water sports, besides the Indus, the Ravi and the Chenab in NWFP, Punjab and Sindh provinces;



- Indus (from Jaglot to Thakot)
- Kunhar (from Naran to Kaghan)
- Swat (from Bahrain to Saidu Sharif)
- Panjkora (from Dir to Batkhela)
- Hunza (from Aliabad to Gilgit)

Eco Tourism

The Northern Areas of Pakistan lie at the extreme North of Pakistan, officially named as Gilgit Baltistan, it is comprised of six districts: Gilgit, Ghzer, Sakurdu, Diamer, Ghanche and Astore. Gilgit Baltistan is known as the axis of Asia, where it borders Xinjiang province of China. Chitral lies to its west, Kalam, Kohistan and Kaghan val-



leys to the south. The Republic of Tajikistan is only a handshake away. It is the place where the three major parts of Asia i.e. South Asia, Central Asia, and South East Asia converge. Therefore, it is also known as the roof of the world.



Eco Tourism

Many rivers, streams and main tributary of river Gilgit join Indus at various points. These rivers and streams are unique in nature due to topography and geography of the area and contribute to its scenic beauty. Three of the world's largest mountain ranges – Himalaya, Karakoram, and Hindukush meet in the Northern areas of Pakistan. The Northern Mountains of Pakistan are host to 45 species of mammals, 222 species of birds, 32 of reptiles and 6 of amphibians. Some of attractions of Eco tourism in Pakistan are as follows:

Brown Bears of Deosai Plains

The Deosai Plains are 32 km south of Skardu. This plateau is the habitat of the greatly threatened Himalayan Brown Bear and many other wild animals. At an average



Brown Bears of Deosai Plains

elevation of 4000 meters, Deosai is designated as a National Park and protected area for wildlife. The rolling grassland here does not support trees or shrubs and the area is covered in snow for seven months of the year. Spring comes to Deosai in August when millions

of wild flowers begin to bloom all over the lush green grassland. This is a time when Deosai looks like a paradise with a landscape full of wild flowers on green rolling hills and crystal clear water streams with snow covered peaks in the background.

The Adventure Jeep Safari will take you right across the beautiful mountain ranges of the Himalayas and Karakorams. Travelling on Karakoram Highway (KKH), you will enjoy the most spectacular scenery on earth. Before reaching Deosai, you will also witness the magical views of Nanga Parbat (8126 m), the ninth highest peak of the world, from different angles. At Deosai, our first stop will be at Sheosar Lake. This place offers beautiful views of south face of Nanga Parbat and a panoramic view of Deosai Plains. At Bara Pani, you can spend one day and



visit the core zone of National Park for Bear Watching or you may enjoy fishing in the cold waters of Barwai Stream. From Deosai, you can drive back via Skardu and Gilgit and have a chance to enjoy the most thrilling drive along the River Indus.

The length of the Karakoram highway is 800 km from Havelian (100 km north of Islamabad) and winds through Abbottabad –Mansehra –Thakot –Besham –Pattan –Chilas –Gilgit–Hunza to Khunjerab Pass beyond which Chinese territory begins. Abbottabad is 1255 meters high open valley with green surrounding mountains, cultivated fields, orchards and streams. The fauna in this area is oriental and the bird species are replaced by palae–arctic species as we proceed further along the KKH beyond Thakot.

Birds likely to be seen

Buzzard, Golden Eagle, Steppe Eagle, Lammergeyer, Kestrel, Snow Partridge, Seese Partridge, Himalayan Snow–cock, Chukor Partridge, Monal Pheasant, Snow Pigeon, Hill Pigeon, Rufous Turtle Dove, the Cuckoo, Great Horned Owl, the Swift, European Bee–eater, European Roller, Scalybelted Green, Woodpecker, short–toed Lark, Horned Lark, Grey Martin, Swallow, Golden Oriole, Brahminy Myna, Magpie, Nutcracker, Alpine chough, Redbilled chough, Rook, Rufous tailed Flycatcher, Booted Warbler, Orphan Warbler, Chiffchaff and other Phyllo Scopus species, several other warblers, Blue throat

and Ruby-throat, Chats, Thrushes, Wren, Dipper, Accentors, Tits, Tree creeper, wall creeper, pipits, Redpolls, Wagtails, Finches and Buntings.

Mammals likely to be seen

Markhor, Shapu, Ibex, Marcopolo sheep, Marmot, Pikas, Brown Bear.

Blind Dolphin of Indus River

The Blind Dolphin is one of most famous inhabitants of Indus River. This tour begins from Taunsa Barrage, which is a two and a half hour drive from Multan. From Taunsa Barrage, you travel down the river Indus on a traditional fishing boat where you can catch unforgettable glimpses of rural life in the Southern Punjab and the innumerable species of birds that stop by in these areas on their north-south migratory route. You will also have the opportunity to see the remarkable blind dolphin skirting to the surface near your boat.





Marine Turtles & Mangrove Forests

A drive to the beaches of Hawks Bay and Sandspit near Karachi is one of the greatest sources of pleasure to a nature lover. This unique tour will take you to the shores of the Karachi coast where the Green Turtle and Olive Ridley are found during the nesting seasons on the beaches of Hawks Bay and Sandspit. During autumn, when the sea is relatively calm, it is possible to see the turtles coming up for nesting, as they have been doing for generations. Turtles lay their eggs and leave them in the enclosed warmth of soft sand and heat of sun to incubate till young hatchlings, perfect miniatures of the adult, emerge and scramble to the sea. The tour will also take you to Somiani Bay Mangrove Forest that is the breeding ground for fish and shrimps and home to many resident and migratory birds.

Leisure Tourism

Pakistan can become a well-known destination for leisure tourism as it has been blessed with some of the most beautiful beaches in the world. Clifton Beach is the most popular beach among domestic tourists. Clifton Beach is very close to Karachi city and famous for camel and buggy rides and family picnics. There are other beautiful beaches also in the country.

Hawk's Bay is less crowded with clearer water - leisure seekers and holiday makers may rent a hut to spend a weekend there. Sandspit Beach is good for swimming and



Leisure Tourism

sun bathing –the water there flows through an unusual rocky formation. French Beach is one of the most beautiful beaches around Karachi with clearer water and fresh air, is a rocky beach. Paradise Point beach is good for family pic-

nicns and camel or horse riding – there is a natural rock formation that looks like a carved archway, which is an amazing point to enjoy the sea view.

Devil’s Point beach is a good point to have some silent and peaceful time away from the city hustle and bustle. Kund Malir Beach, a desert beach is a nice drive on Coastal Highway to Balochistan – the area belongs to Hingol Park, and is situated just 145 km from zero point. Gadani Beach is one of the beautiful beaches of Pakistan it is commonly known a harbor for ship breaking. Gwadar Beach is one of the most beautiful beaches of Balochistan with most clearer and in emerald color waters located in Arabian Sea. Pasni Beach is commonly famous for its fishing harbor – one can have a good camping experience there. West Bay Beach is located in Gwadar – the beach is going to be developed for future leisure tourism.



Gandhara Civilization

Remains of history spread over 5000 years old Indus Valley Civilization in Moenjodaro and Harrappa lie here in Pakistan. In addition, there is also Gandhara Civilization, Early Muslim and Moghul Heritage, Colonial Heritage, unique cultures and hospitable people.

The sites and antiquities of Takht-e-Bahi, Sahri Bahlol, Jamal Garhi, Rani Gat, Aziz Dheri, Butkara, Saidu Stupa, Andan Dheri, Chat Pat, Dam Kot, Khanpur and the monasteries in the Taxila Valley provided the richest collection of Gandhara Art to the Peshawar, Taxila,



Swat, Dir and Peshawar University museums through the excavations by British, Italian and Pakistani scholars.

Katas Raj

Spring of Tears

Katasraj Mandir is a Hindu temple complex situated in Katas village near Choa Saidanshah in the Chakwal district of Punjab in Pakistan. Dedicated to Shiva, the temple has, according to Hindu legend, existed since the days of Mahabharata and the Pandava brothers spent a substantial part



of their exile at the site and later Krishna himself laid the foundation of this temple and established his hand made Shivling in it. The Pakistan Government is considering nominating the temple complex for World Heritage Site status.

The Kataraj temple complex is believed to date back to the Mahabharata era. Many legends are associated with the temples. The five Pandava brothers, heroes of the Sanskrit epic the Mahabharata, are said to have stayed here for four of the thirteen years they spent in exile. The lake in the complex is believed to be filled with Shiva's tears and are thus said to have magical powers. The

complex is also believed to be the site where one of the Pandava brothers, Yudhishtira, defeated the Yaksha with his wisdom, bringing his brothers back to life.

Indus Vally Civilization

The Indus Valley Civilization was at its peak from the 3rd till the middle of the 2nd millennium BC. Discovered in 1922, Moenjodaro was once a metropolis of great importance, forming part of the Indus Valley Civilization with Harappa (discovered in 1923) Kot Diji and Mehrgarh (discovered in 1984). Moenjodaro is considered as one of the most spectacular ancient cities of the World. It had mud baked bricks buildings, an elaborate covered drainage system, a large state granary, a spacious pillared hall, a College of Priests, a palace and a citadel. Harappa, another major city of the Indus Valley Civilization, was surrounded by a massive brick wall fortification. Other features and plan of the city were similar to that of Moenjodaro. The Kot Diji culture is marked by well-made pottery and houses built of mud-bricks and stone foundations. Mehrgarh, the oldest Civilization (7,000 B.C), remains of which were discovered in the district Kachhi of Balochistan in 1984, was the pioneer of the Indus Valley Civilization. The evidence of crop cultivation, animal husbandry and human settlements have been found here. The inhabitant of Mehrgarh were living in mud-brick houses and learned to make pottery around 6000 BC.



Medical Tourism



Medical tourism in Pakistan is viewed as an untapped market that could be turned into a huge opportunity. According to Pakistani medical experts, Pakistan has a “huge potential” in becoming a regional medical tourism hub, comparable to many other countries in its neighbourhood. Medical tourism in Pakistan has been arranging potential trips for many medical health and care procedures. A number of modern hospital facilities exist in major cities such as Islamabad, Karachi and Lahore that are fully equipped and facilitated with the latest medical technologies. Many doctors and surgeons in Pakistani hospitals tend to be foreign qualified.

The major medical tourism facilities in Pakistan include:

- Kidney Transplant
- Liver Transplant.
- Skin Surgery and Laser Treatment
- Cancer Cure
- Open Heart Surgery

► Palestine

Welcome to Palestine

With a history that envelops more than one million years, Palestine has played an important role in human civilisation. The crucible of prehistoric cultures, it is where settled society, the alphabet, religion, and literature developed, and would become a meeting place for diverse cultures and ideas that shaped the world we know today. Its rich and diverse past, abundant cultural heritage, and the archaeological and religious sites of the three monotheistic faiths including the birthplace of Jesus Christ, make Palestine a unique centre of





world history.

Visitors to Palestine will encounter on their journey myriad religious, historical, and archaeological sites. Beyond the historical sites, Palestine offers walks and hikes in its extensive valleys, along coasts, as well as desert hills, towns, and ancient marketplaces at the hearts of cities and villages nestled in the heart of breath-taking landscapes. They will enjoy Palestine's sumptuous cuisine and, most important, feel the warmth and hospitality of the Palestinian people, Christians and Muslims alike, who will share with them the hopes and aspirations of a nation that is in the process of rebuilding. With its million years of human history, and a welcoming people offering rich hospitality, visitors are left with the warm feeling of being at home.

Bethlehem

The city of Bethlehem is holy to both Christians and Muslims. It is acknowledged as the birthplace of Jesus Christ. The Church of the Nativity, a Byzantine basilica, was built by Helena (the mother of the Emperor Constantine), to commemorate Jesus' birth. It is built on top of a cave where, according to a tradition first documented in the second century AD, Jesus was born. It was first dedicated in 339



Bethlehem

AD.

The Church is the central feature of Bethlehem, and is surrounded by other important sites related to Christ's birth. Among these is the Milk Grotto, an irregular cave hewn in the soft limestone, located southeast of the basilica, where according to Christian traditions, Mother Mary nursed baby Jesus while hiding there from Herod's soldiers. The shepherds' fields, where the angel of the Lord is believed to have appeared before the shepherds bringing them the good tidings of the birth of Jesus, are roughly 2 km east of Bethlehem. Bethlehem's old town is the place where a wide range of religious and traditional activities take place. The Patriarch Route, which runs along Star Street, is the route of a religious parade, which passes through each year during Christmas celebrations. The Nativity Square hosts a grand celebration each year, marking the anniversary of the birth of Christ.

In 2012, the Nativity Church and the Pilgrimage Route were inscribed on the World Heritage List. In 2014, the Cultural Landscape of Battir village was also inscribed on World Heritage List as a pilot site of Palestine, Land of Olives and Vines.

Hebron (Khalil Ar-Rahman)

Hebron is one of the oldest continuously inhabited towns in the world, its Arabic name, Khalil al-Rahman, means 'The Friend of God.' Ancient Hebron was situated



Hebron (Khallil Ar-Rahman)

on Jebel Ar-Rumeideh (the Rumeideh hill), located southwest of the current historic town.

The city has always been known as the burial place of the prophets Ibrahim/Abraham, Isaac, Jacob and their wives. During the Roman period, Herod the Great (73–4 BC) built a massive wall to enclose the cave of the prophets' tombs. After the conquest of Hebron by the Crusaders (1099), this enclosure was turned into a church, and subsequently, after Saladin's retaking of the city in 1187, into a mosque.

With the Arab-Muslim conquest, Hebron became the fourth sacred city of Islam after Mecca, Medina and Jerusalem, and was visited by Muslim pilgrims from all over the world. The town and the mosque were honoured and sanctified by the rulers of successive Muslim states, the Islamic leaders, and by the public. The city was flourished during the Mamluk rule (1250–1516 AD), and during the Ottoman rule (1517–1918) the town witnessed a period of expansion, giving the old city its present-day shape and boundaries. Still dominated by Mamluk-style architecture, the Old Town of Hebron is one of the few Islamic cities that has preserved its authentic set up, visible

in its urban fabric and prestigious architecture, corroborated by its particular craftsmanship. Its market, (souq) has striking arched roofs and a maze of alleys that are definitely worth exploring. The shops and stalls sell everything from pottery, olivewood, blown glass, to a wide array of aromatic spices and dried fruits.

In 2017, the UNESCO declared the Old City of Hebron a Palestinian World Heritage Site of unique and extraordinary value.

Jericho

Located 36 km east of Jerusalem, Jericho is on the road to Amman and at the junction of the highway to the Galilee. In Jericho is Tell As-Sultan, the ancient city of Jericho, which is the lowest (258 m below sea level) and the oldest town on earth, dating back more than 10,000 years. It grew up around a perennial spring, Ain As-Sultan, in an area of fertile alluvial soil which attracted hunter-gatherer groups to settle and start the process of plant and animal domestication. Ain As-Sultan is known as Elisha's spring, where the prophet Elisha cleansed the water of Jericho.

Jericho's moderate climate makes it a favourite winter resort, as it is always a number of degrees warmer than other parts of





Palestine owing to its low elevation and the height of the surrounding mountains. It is an important agricultural area, producing fresh fruits, and vegetables year round. Jericho dates, bananas and citrus fruits are especially famous.

Among the main touristic and archaeological sites in Jericho are: Monastery of Temptation (Deir Quruntel), the Umayyad Hisham's Palace, The Sycamore Tree and Russian Museum, Qumran, Wadi Qelt and the Monastery of Saint George, Maqam An-Nabi Musa, The Jordan River and the Dead Sea.

Ramallah

Located 16 km north of Jerusalem, at an elevation of 900 m above sea level at the crest of the Hills. It is known as the “Bride of Palestine” for its general geographical beauty. Ramallah has a pleasant, cool climate and has long been a popular Summer resort. During the twelfth century, French Crusaders built a stronghold in Ramallah, and the remains of a Crusader tower, known as At – Tira, can still be seen in the old part of town.



Modern Ramallah has a lively town centre, museums, art galleries, theatres, parks, booming restaurant scene, and bustling nightlife, Ramallah is a fast-growing cosmopolitan town. It is also much serviced for visitor, with comfortable places to stay, some Palestine's best restaurants, good transport and other tourism-related services, and hospitable, friendly people.

Ramallah's twin city, Al-Bireh, is located on the central ridge running through the mountain of central Palestine, its location served as a cross-border trade.

between the north and south, along the caravan route between Jerusalem and Nablus.

The city of Ramallah is surrounded by several major historical, cultural and natural sites such as, Beitin, Taybeh, Abud, Tell Al-Nasbah, Birzeit, Jifna, and Ein Kenya Nature Reserve.

Nablus

Neapolis, the new city, was founded by the Roman Emperor Vespasian in 72 AD. It was built on the northern slope of Mount Gerizim; around 2 km west of Tell Balata (the Canaanite town of Shechem). Mount Gerizim, or Jebel At-Tor, is the sacred mountain of the Samaritans, now a small Palestinian community of only a few hundred people

Over the years, the original Greek name, Neapolis, was Arabicised into the city's modern name, Nablus. The



city developed into a major centre in the second century AD. Major building projects were launched, including the hippodrome, the theatre, and other public buildings. During the Roman Period, a temple dedicat-

ed to Zeus was erected on Mount Gerizim, and the city was raised to the status of a Roman colony. Neapolis flourished during the Byzantine and the Islamic Arab periods. From the tenth century it was known as little Damascus.

The seven quarters of the old city represent a distinctive example of traditional urban architecture in Palestine. The city centre features a bustling market, or souq, with impressive mosques, Turkish baths, and traditional soap factories. At the end of the eighteenth century, the city began to expand outside its original walls.

Today, Nablus is considered the major commercial, industrial and agricultural centre in the northern region of Palestine. It is known for its olive oil soap, talented goldsmiths, and traditional sweets. Nablus is considered to be the best place in Palestine to eat knafeh, a beloved Palestinian dessert made from cheese and semolina flour, and dripping with sweet rose water syrup.

Touring the Old City of Nablus is highly recommend-

ed to admire the unique architecture, and later to visit the Jacob's Well at the Greek Orthodox Monastery, in addition to visiting Sebastia located 12 Km northwest of Nablus, one of the oldest continuously inhabited places in Palestine, which was flourished during the Roman and Byzantine Periods. The present town of Sabastia, including the archaeological remains, the historical town, and the cultural landscape, is a major tourist attraction in Palestine, represented by the shrine of Nabi Yahyia, the Cathedral of John the Baptist, the Roman mausoleum, the Olive press, Kayed palace, and the traditional buildings, along with a walking trail.

Jenin

Located about 43km north of Nablus, on the ancient trade road from Nablus through Wadi Bal'ama and across the plain of Marj Ibn Amer and Lajjun to Haifa , with an altitude about (100–250) above the sea level. The name was derived from Ein Ganim meaning the spring of Ganim and referring to the region's plentiful spring. Jenin Knows as Gina in the Amarna letters in the fourteenth century





B.C, and Gina in the Roman period in crusader period the city named Grand Grin.

Today, Jenin is a picturesque town built on the slopes of a hill and surrounded with gardens of carob, fig, and palm trees. It is distinguished by its agriculture, producing an abundance of fruits and vegetables.

The main attractions at Jenin and the surrounding area are Khirbet Bal'ama and its water tunnel, the Church of the Ten Lepers at Burqin, Tell Taannek, Tell Dothan, Arraba and the Abdulhadi Palaces, Sanur Citadel, Zababdeh, Fatima Khatoon Mosque (The Grand Mosque), and the Forest of Umm Al-Rihan.

Tulkarem

The prosperous town of Tulkarem is located 12 km from the Mediterranean Sea, and about 15 kilometres west of Nablus. Its location between the coastal plain and mountain of the central Palestine



has made it an important stop along both trade and conquest over the course history. Originally inhabited by the Canaanites, its ancient name was Tur Karm, meaning the Mountain of Vineyards, because of its fertile land.

During the Ayyubid , and later the Mamluk period (1260–1516), the majority of Tulkarm's lands were made part of a waqf (“religious trust”) to support the “Al –Madrasa al –Farisiyya” in Jerusalem, The mainstay of the Tulkarem 's economy was agriculture, and fertile land produced grain ,citruses as well as fruits and olives.

Qalqilya

Situated 12 km from the Mediterranean coast, Qalqilya was once a Canaanite city. Its name was derived from a Roman castle known as Qala'alia. This small town has the only zoo in Palestine, which was established in 1986.





Gaza

The city of Gaza is located on the Mediterranean seashore, 32 km north of the Egyptian border; it is considered one of the most ancient towns in the world. Strategically placed on the Mediterranean coastal route, ancient Gaza was a prosperous trade centre and a stop on the caravan route between Egypt and Syria.

Today, Gaza City is the economic centre for a region where citrus fruits and other crops are grown. The city is famous for its hand-woven carpets, wicker furniture, and pottery. Famous also for its fresh seafood, Gaza has numerous restaurants along the beach as well as public parks where visitors can enjoy the pleasant Mediterranean breeze.

Major historical, archaeological and touristic attractions in Gaza are featured by the Anthedon Port, Tell Um Amer, the Great Mosque, Napoleon's Fort, St. Porphyry Church, Al-Zaytun and Al-Daraj Quarters, Sayyed Hashem Mosque, Khan Yunis, Rafah, Deir Al-Balah and Wadi Gaza.

► Russia

Russian Federation is rich in cultural heritage and incredibly beautiful natural sites. The UNESCO World Heritage List includes 28 sites located in Russia and almost half of these are ranked as those of outstanding importance.

Every year Russia welcomes tens of millions of tourists. About half of inbound tourist traffic is received by either Moscow or St. Petersburg where travelers are attracted by cultural sites and other places of interest located in the country's major cities. In 2016 about 4.5 million foreign tourists





visited Moscow and about 3 million visited St. Petersburg.

Those who come here by train will dive into the Russian culture right from the moment they dismount. Most of the railway stations in Moscow and St. Petersburg are architectural sites constructed in the 19th century.

Remarkably, Leningradsky railway station and Moskovsky Rail Terminal in Moscow are twin buildings. Both the railway stations were constructed in the 1840s after the one and the same plan by architect Konstantin Thon. Pay attention to this fact when visiting Russia. Moreover, initially both the stations were known under the name of Nikolaevsky railway station as the railway connecting Moscow and St. Petersburg bore the name of Nikolaevskaya.

Museums and Art Galleries

Moscow and Saint Petersburg are Europe's major cultural centers. These cities host world-famous museums, theaters, performance halls and universities. These institutions establish a close link between the Russian culture and the world culture. Your impression of Russia will not be complete unless your visit at least some



of these.

The State Hermitage Museum in Saint Petersburg is one of the world's largest art museums. It was founded in 1764 by Catherine the Great, Empress of Russia, who placed her newly-acquired collection of paintings in a side wing of the Winter Palace. Today, the collection of this museum consists of about 3 million items varying from the world-famous paintings to pieces of arts and crafts. This collection is hosted by the 365 rooms of the Palace and other buildings of this architectural complex.

The gems in the crown of this collection include *Madonna Litta* by Leonardo da Vinci, *Judith* by Giorgione, *The Return of the Prodigal Son* by Rembrandt and many other masterpieces by Raphael, Peter Paul Rubens, Titian, Veronese, Caravaggio and others. The richly decorated Winter Palace is by itself a place of tremendous interest to the visitors. Last year it received more than 4 million of admired visitors.

The State Hermitage Museum in Saint Petersburg is one of the world's largest art museums

The Russian Museum in Saint Petersburg is dedicated to the Russian fine art. Just like the State Hermitage, it is located in the rooms of palaces formerly owned by emperors and princes. Today, the collection of this museum comprises more than 400,000 items varying from the old Russian icons to pieces created during the Soviet period.

Founded in 1703, Saint Petersburg almost at once be-



came the capital city of Russia. During 18th and 19th centuries it was in many aspects ahead of Moscow. Thus, it took about 100 years after the foundation of the Hermitage Museum for Moscow to have its own big art museum open. In 1856, Pavel Tretyakov, a famous merchant and art patron started acquiring paintings for a gallery of his own that he opened for general public some 10 years later. After 150 years, Tretyakov's personal collection expanded to a big museum complex named after its founder. The Tretyakov Gallery comprises several buildings, but the principal one is still the historic buildings located in the very center of Moscow. Here you will see the famous

Black Square by Kazimir Malevich, the founder of Suprematism. Apart from its complete collection of Russian art of the late 19th century, the Gallery is also famous for a rich collection of early Russian art, including the legendary Trinity by Andrei Rublev, the greatest medieval Russian icon-painter. Foreign art is mainly represented in the Pushkin Museum of Moscow that was open in the beginning of the 20th century. The main building of this museum exhibits items of Ancient Greek, Roman, and Egyptian arts. Across from the main building there is the Gallery of Art from the Countries of Western Europe and America of the 19th and 20th centuries. Here you will see the famous *Girl on the Ball* by Pablo Picasso as well as masterpieces by Edgar Degas, Vincent van Gogh and Rembrandt.

Theaters

It is hard to imagine a visit to Moscow or Saint Petersburg without a trip to one of the numerous theaters located there. Saint Petersburg, the Capital of Culture, has more than 100 theaters of different sizes and styles. The most eminent, the most expensive and probably the best of them is the Mariinsky Theatre, where tickets for the first night performances are sold out within just a few hours. Here you may see both opera and ballet. To discover the Mariinsky Theatre you'd better start by seeing a performance at the Main Stage at the Theatre Square.

Moscow has almost two hundred theaters. The main



one is, of course, the Bolshoi Theatre located near the Kremlin. It is world –famous for its best dancers and singers. Just like the Mariinsky Theatre, this is an opera and ballet theater. For the first time the Bolshoi Theatre was opened for the public in 1780, but since then it was damaged by fire several times. The building it is located in now was opened for public in 1856 and since then it was rebuilt and renovated several times. The last reconstruction was finished in 2011.

Churches and Architectural Sites

The world –famous Red Square in Moscow is the country’s main square. This is here that the Kremlin, the Lenin’s Mausoleum and the Saint Basil’s Cathedral are located. Though the Kremlin is the actual residence of the Russian President, sightseeing tours are available here that include visiting the splendid churches and the Tsars chambers. Saint Basil’s Cathedral is also open for visitors. It was constructed in the 16th century as a steepled church and, just like the whole architectural ensemble of the Kremlin, it is included by UNESCO in its World Heritage List. This list includes two more sites located in Moscow, the imperial estate of Kolomenskoe and the Novodevichy Convent.

Moscow has more than a thousand of monasteries and churches and many of these are quite worth attention just like the numerous architectural sites created before the



Revolution of 1917, including the estates of Izmailovo and Tsaritsyno.

As for Saint Petersburg, the entire historic center of the city (and its sites) is included in the UNESCO World Heritage List. This means that all the historic buildings, including the majestic Palace (Dvortsovaya) Square by the Winter Palace, Saint Isaac's Cathedral and all the palaces within the city and even outside its boundaries. The Church of the Savior on Blood built on the site where Emperor Alexander II was fatally wounded in the late 19th century is quite similar to Saint Basil's Cathedral.

Subway

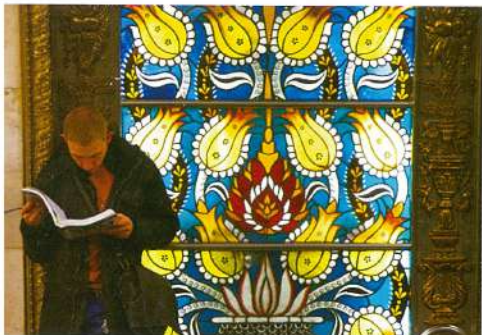
You may take a taxi to go to theater or a museum, but subway is really worth of descending there at least once. Every day, the residents of both the cities have a chance to feast their eyes with the genuine works of art. Unlike most subways in Europe with stations quite ascetic in terms of

design, in the Soviet metro every station was designed individually by the country's best architects.

In Moscow subway, 44 central stations are listed as cultural heritage sites. Subway in Saint Petersburg is 20 years younger than the one in Moscow, but it also has 6 of its stations listed as cultural heritage sites. Besides, The Guardian listed Avtovo station as one of the World's Most Beautiful Metro Stations.

Shopping

The two capital cities of Russia are a real godsend for those who are fond of trendy



clothes and accessories. Shoppers will find here almost every famous global brand. Besides, Moscow and Saint Petersburg offer almost everything that Russia is famous for, i.e., caviar and seafood from the Far East, diamonds from Sakha (Yakutia), wool shawls from Orenburg, all sorts of souvenirs, arts and crafts as well as many other things.

GUM is one of the most famous and large department stores of Moscow. This is an architectural site by itself and it faces the Red Square. Another popular department store also located in the city center is TsUM. It is one of the Europe's largest department stores. This luxury store is an example of Neo-Gothic architecture. The tourists will also be delighted to walk along the Stoleshnikov Lane hosting boutiques of Dior, Cartier, Hermes, Louis Vuitton, Chanel, and other top brands.

Shoppers of Saint Petersburg normally buy themselves clothes and accessories in the huge Galeria shopping mall located just two steps away from the Moskovsky Rail Terminal. A wide choice of Russian-style souvenirs is available in the historic building of Gostiny Dvor on the Nevsky Prospect.

Entertainments

They say that Moscow is a city that never sleeps. This is quite true. Things are humming here 24/7: bars and restaurants are crowded, and traffic jams may last until the early hours. The central districts are beautifully illuminated



and the tourists are astonished by the number of shops and dining places that are open around the clock. The same applies to Saint Petersburg. Both the cities will offer you entertainments of all sorts at any time of the day or night.

During the daytime, you may diversify your tourist agenda by visiting any of the numerous dining places that offer Russian, European or Chinese cuisine or by shopping. A perfect place for such pastime in Moscow is Okhotny Ryad Shopping Center. As for Saint Petersburg, the best shopping and dining place is Bolshoy Gostiny Dvor.

In the evening, it is time for a theater performance or a concert, like visiting Moscow Conservatory or the Grand Concert Hall Oktyabrsky in Saint Petersburg. Night is the right time for an escape quest and after that it is great to relax in a disco club or drink some cocktails in a bar.

During the summer season, the city parks (like Gorky Central Park of Culture and Leisure in Moscow) are a special kind of delight. During the fresh evening hours people go outside. Sitting on the lawn grass by a pond, you will hardly believe that you are in the center of a metropolitan city. People come here on their own or in companies, sit on the grass or go to coffee bars, play table tennis or other games.

Though not all the foreign tourists visit Moscow and Saint-Petersburg. Many visitors from abroad are attracted by the country's undisturbed nature, natural reserves, mountains, rivers, and lakes.

Russia has a lot of tourism destinations from Kaliningrad to the Far East. What are the must-see places on the way? Let us check it out.

The Curonian Spit

The Curonian Spit is an amazingly beautiful natural reserve in the Kaliningrad Region where softwood and greenwood verge with the sandy dunes. Dancing forest is a unique mystery of the Curonian Spit. The pine trunks take unusual twisted shape. Scientists are yet to discover the source of this anomaly.

Another interesting fact is that the Curonian Spit was included into the UNESCO World Heritage List not as a natural site but as a cultural one. Long time ago the Curonian Spit hosted some fishing villages and dwellers of these villages did their best to prevent marine erosion and sand structures erosion by creating unmatched engineering structures.

Kizhi Pogost

In the Republic of Karelia there is a small island in the Lake Onega where the unique architectural ensemble of Kizhi Pogost is located. It includes two churches and a bell-tower built in the 18th and 19th centuries.

A legend says that just one ax and not a single nail was used in building the 37-meter high Church of the Transfiguration. Upon completion, the woodman is said to



Kizhi Pogost



Solovetsky Islands

have thrown his ax in the lake so that no one else could create anything of the kind. The Kizhi Pogost is an extant masterpiece Russian wooden architecture.

Solovetsky Islands

The Solovetsky Islands located in the Arkhangelsk Region have many architectural sites. These include early man sites, stone labyrinths, and grave – mounds. However, the most famous attraction of these islands is the monastery with massive boulder walls.

During the 1930s the monastery was used as a prison for political prisoners. Nowadays, it hosts Solovetsky Camps and Prison museum commemorating political prisoners.

The historic center of Yaroslavl

Yaroslavl, one of the oldest cities in Russia, was founded in 1010 by Prince Yaroslav the Wise. Located at the crossing of the trade routes, Yaroslavl was believed to be the capital of the Russian merchants. Today, in the city

center one may see a unique architectural ensemble representing almost all architectural styles of the last five centuries. St. John the Baptist Church, the gem in the crown of Yaroslavl architecture of the 17th century, is particularly worth seeing. This is a red-brick church with emerald-green domes. Its 45-meter high bell-tower and holy doors are richly ornate both inside and outside. Another place of interest is Saviour-Transfiguration Monastery. It is here that manuscript of The Tale of Igor's Campaign, a masterpiece of the early Russian literature, was discovered.

Virgin Komi Forests

Thick forests the Komi Republic occupy an area of 32,600 sq. km and are almost undisturbed by humans. Forests are separated by rivers. There are also many lakes and bogs. Komi forests offer shelter to many animal and bird species, including the rare and endangered ones. It is also an archaeological site where one of the north-most Upper Paleolithic sites was found.

Golden Mountains of Altai

The Golden Mountains of Altai are located at the border area between Russia, Mongolia, China, and Kazakhstan. Landscape of Altai is amazingly beautiful and varied. Cliffs here verge with scenic highland, azure lakes, rapid rivers, Alpine tundra, grassland meadows, and glaciers. Here you will also find Belukha Mountain,



Siberia's highest peak (4,509 meters). Lake Teletskoye, which is almost 80 km long, is a real gem in the crown of Altai. It attracts tourists with its purest waters and scenic mountains. The two shores of the lake have different climate: on the south shore it is in average by 4 - 5°C warmer, while the north shore has more precipitation. From north shore you can reach local sights of Korbu Waterfall and Stone Bay by boat.

Lake Baikal

Lake Baikal is the world's largest and freshwater lake located in East Siberia not far away from Irkutsk city. Its maximum depth is 1642 m and the average surface water temperature is 8-9 °C.

In terms of surface area Lake Baikal is comparable with Belgium or the Netherlands and it contains about 20% of the world's fresh surface water. Being very old and relatively isolated, Lake Baikal has many rare flora and fauna species, that exist only here and nowhere else in the world.



Lena Pillars

Along the banks of the Lena River in Sakha (Yakutia) there is an unmatched rock formation that looks like giant stone forest. It is known as the Lena Pillars. These are isolated rocks about 100 m high separated by steep and deep ravines.

The Kamchatka Peninsula

Russian Far East is a land of volcanoes, geysers, azure lakes and glaciers. You can see these incredible beauties from a helicopter cabin. A helicopter tour is available at a price of about RUR 37,000. Viewing of the Valley of Geysers and Valley of Death (a place of unearthly landscape where no living creature can survive due to high concentration of gases) is only possible by a helicopter.

Hiking is also available in Kamchatka: Khalaktyrsky Beach with black volcanic sand and the active volcanoes of Mutnovsky and Gorely are definitely worth visiting.





▶ Republic of Korea

Gyeongbokgung Palace

Meaning “greatly blessed”, Gyeongbokgung is the first of the Five Grand Palaces in Seoul. Here, visitors can see the elegant royal culture of Joseon, including facilities for royal affairs of kings and officials. Geunjeongjeon Hall, the symbol of royal authority and a venue for official events, and Gyeonghoeru Pavilion, a place for banquets, are must-see attractions of the palace.

The National Palace Museum of Korea is located south of Heungnyemun Gate, and the National Folk Museum is located on the eastern side of Hyangwonjeong.

Myeongdong

Myeong-dong is one of the primary shopping districts in Seoul. The two main streets meet in the center of the block with one beginning from Myeong -dong Subway Station (Seoul Subway Line No. 4) and the other from Lotte Department Store at Euljiro Station. Many brand name shops

and department stores line the streets and alleys here.

A number of SPA brand shops including Zara, H&M and SPAO are clustered in Myeong-dong, together with local cosmetics shops that are greatly popular among tourists. The food carts are another fun element of Myeong-dong.

Myeong-dong also has many family restaurants, fast food, plus Korean, Western and Japanese dining options. Many restaurants in Myeong-dong specialize in don-gaseu (pork cutlet) and kalguksu (noodle soup). Other businesses in the area include hair salons, banks and theaters.

Insa-dong

Insa-dong, located in the heart of the city, is an important place where old but precious and traditional goods are on display. There is one main road in Insa-dong with alleys on each side. Within these alleys are galleries and traditional restaurants, teahouses, and cafes.

The galleries are the heartbeat of Insa-dong. There are about 100 galleries in the area where you can see every ex-



Gyeongbokgung Palace



Insa-dong



Insa-dong

ample of traditional Korean fine art from paintings to sculptures.

The teahouses and restaurants are the perfect complements to the galleries. At first, they might be hard to find, but if you take the time to stroll around the twisting alleyways, the window shopping itself can be very entertaining. The shops in Insa-dong

are very popular among all age groups, because each one is unique.

Every Saturday from 14:00 to 22:00 and Sunday from 10:00 to 22:00, the main street is blocked from traffic and it becomes a cultural space. Stores set up booths outside and Korean candy merchants and fortune teller stalls can easily be found; there are traditional performances and exhibits as well. Insa-dong is especially popular among international tourists. This is where they can experience and see traditional Korean culture firsthand, and also purchase pieces of fine art. On the street, you can eat Korean taffy and traditional pajeon (green onion pancake), and lose yourself in all the joyous festivities of the street.

Dongdaemun Fashion Town

Regarded as the capital of Korea's fashion industry, Dongdaemun Fashion Town never sleeps. Nearly half of

foreign tourists coming to Seoul visit Dongdaemun Fashion Town.

Special Tourist Zone of the town consists of both wholesale and retail markets. The town started as a traditional market for wholesale, but the advent of modern shopping buildings now also allows shoppers to purchase in retail. Dongdaemun appeals to many travelers as it is easily accessible by public transportation. The fashion town is conveniently located near Dongdaemun Station and Dongdaemun History & Culture Park Station.

Dongdaemun Fashion Town is more than just a place for selling clothes; the entire process, from planning to production, also takes place here. The setting is preferred by young designers who are looking to challenge themselves. The surrounding area has also been revitalized through the positive ripple effects brought about by events and performances organized by the shops and malls in the town.

The name of the town came from Dongdaemun Gate, originally called Heunginjimun Gate. The gate was built during the Joseon Dynasty and is located in the vicinity of Dongdaemun Fashion Town.



Dongdaemun Fashion Town



Namsan Seoul Tower

Namsan Seoul Tower was the first tower-type tourism spot in Korea. The top of the tower is approximately 480m above sea level, including Namsan Mountain (243m) and the tower's own height (236.7m), making it one of the tallest towers in the Orient. The tower was first erected as a broadcast tower for TV and radio signals in 1969. Now, it has become one of the representative landmarks and multi-cultural venues in Seoul.

The observatory offers stunning views of the city, especially during sunset.

Jeju-do Island

Jeju Island, designated as Jeju's Special Self-Governing Province, lies southwest of the Korean Peninsula and is the largest tourist destination in Korea. The entire island was designated as a special tourist zone, and wherever tourists go, they can enjoy the beautiful sceneries. Every year, about 8.7 million people from Korea and abroad visit this fascinating island that measures 73 km across, from east to west, and 31 km, from north to south.

Jeju Island earned the UNESCO triple crown, and was also designated as a World Natural Heritage, Global Geopark, and Biosphere Reserve as well as one of the Seven Wonders of Nature. The climate of Jeju is quite different from the temperate climate of mainland Korea. Since the



Namsan Seoul Tower



Jeju-do Island

island has a subtropical climate as well as a subarctic one, there are many peculiar plants that can only be found on this island. The unique sight of Jeju Island captivates travelers. The scenery that represents this volcanic island, like Jusangjeolli Cliff (the pillar-shaped joint on the beach), was created by Hallasan Mountain and Oreum (parasitic cones in Jeju dialect). The Piedmont area that visitors encounter on their way from the beach to Hallasan Mountain is a gift of nature and the Piedmont area on the way to Geomun Oreum, where Jeju World Natural Heritage Center is located, is worth seeing. Another unique aspect of Jeju is its unique dialect and lifestyle.

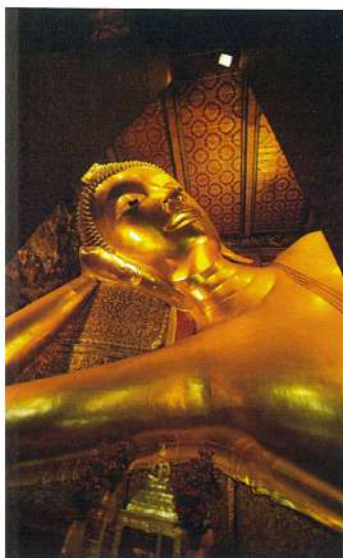
Traveling the 182 km circuit road along the coastline by car, motor scooter or bike is recommended. There is a trail for walking called “Jeju Olle-gil” for those who choose to make a round trip by foot. Jeju Island is implementing more discretionary and diversified policies in politics and economy as well as tourism, and this is what makes Jeju worthy of the name “free international city.”



► Thailand

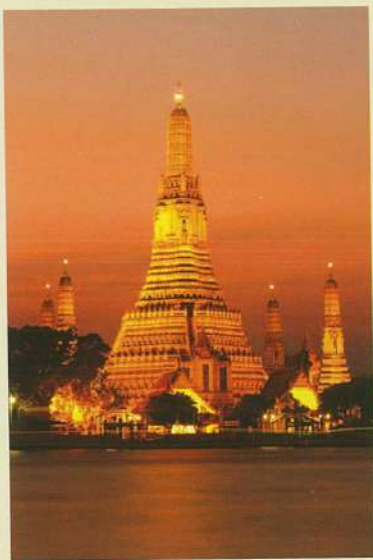
Bangkok

Bangkok, was founded in 1782 by the first monarch of the present Chakri dynasty. It is now the country's spiritual, cultural, diplomatic, commercial and educational hub. It covers an area of more than 1,500 square kilometres, and it is home



to approximately ten million people or more than 10% of the country's population.

Over the last few decades, Bangkok, has changed into a modern, exciting and sophisticated city. It offers the visitors not only the cosmopolitan amenities they would expect from other big cities, but also a unique treasure trove of cultural attractions. Thailand, in the heart of Southeast Asia, was never colonised and thus kept its unique culture and heritage intact. Bangkok offers visitors the opportunity to experience fascinating glimpses of Thailand's gentle culture amidst the bustle of the great and dynamic metropolis. This great city has had astounding success in combining the an-





cient and modern world.

For tourists, Bangkok has a feast of attractions to offer. The city is dotted with 400 glittering Buddhist temples of great beauty and fascination, magnificent palaces, classical dance extravaganzas, numerous shopping centers and traditional ways of life, especially along the “Venice of the East” timeless canals and the Chao Phraya River or the “River of Kings” that winds through the city. It is worth taking a trip along its waters before exploring further into different canals to have a glimpse of old Bangkok.

Chiang Mai

Popularly known as “The Rose of the North” and with an enchanting location on the banks of the Ping river, the city and its surroundings are blessed with stunning natural beauty and a uniquely indigenous cultural identity.

Located some 700 kilometers from Bangkok, Chiang Mai is the principal city of northern Thailand and capital of the province of the same name. Founded in 1296 by King Mengrai as the capital of the Lanna Kingdom, Chiang Mai has had a long and mostly independent history, which has



Chiang Mai

to a large extent preserved a most distinctive culture. This is witnessed both in the daily lives of the people, who maintain their own dialect, customs and cuisine, and in a host of ancient temples, fascinating for their northern Thai architectural Styles and rich decorative details.

Chiang Mai is also renowned for its outstanding handicrafts that illustrate their exquisite cultures, producing items in silk, wood, silver, ceramics and more, which make the city the country's top shopping destination for arts and crafts.

Beyond the city, Chiang Mai province spreads over an area of 20,000 square kilometers offering some of the most picturesque scenery in the whole Kingdom. The fertile Ping River Valley, a patchwork of paddy fields, is surrounded by rolling hills and the province as a whole is one of forested mountains (including Thailand's highest peak, Doi Inthanon), jungles and rivers.

Here is the ideal terrain for adventure travel by trekking on elephant back, river rafting or four-wheel drive safaris in a natural wonderland. Adding a special feature to the landscape are the traditional villages of the region's hilltribe people, distinguished by their colourful tribal costumes and lifestyles mostly untouched by the modern world.



Chiang Mai



At the same time, visitors will find deluxe hotels, mountain resorts and other facilities that ensure today's comforts and convenience. Around Chiang Mai, the neighboring provinces of Lam-pang, Lamphun and Mae Hong Son have great appeal, offering further opportunities to experience the North's natural beauty and distinctive culture.

Chiang Rai

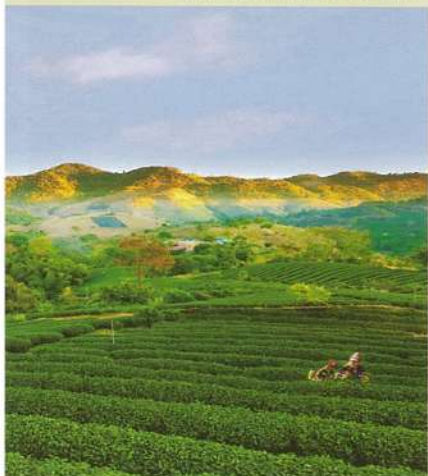
Located 785 kilometers north of Bangkok, Chiang Rai is the capital of Thailand's northernmost province. At an average elevation of nearly 600 meters above sea level and covering an area of approximately 11,700 square kilometers, the province borders Myanmar to the north and Lao PDR to the north and northeast. The area is largely mountainous, with peaks rising to 1,500 meters



Chiang Rai



Chiang Rai: Wat Rong Khun



Chiang Rai: Doi Mae Salong

above sea level. Flowing through the hill ranges are several rivers, the most important being the Kok River, near which the city of Chiang Rai is situated. In the far north of the province is the area known as the Golden Triangle, where the Mekong and Ruak Rivers meet to form the borders of Thailand, Myanmar and Lao PDR. Inhabiting the highlands are ethnic hill-tribes like the Akha, Lahu, Karen, and Hmong.

The region boasts a long history with small kingdoms dating back to the pre-Thai period. The city of Chiang Rai was founded in 1262 by King Mengrai. It was temporarily the capital of Mengrai's Lanna Kingdom until being superseded by Chiang Mai. Today, Chiang Rai is a charming city that provides the perfect base for exploring the scenic and cultural attractions of Thailand's far north.



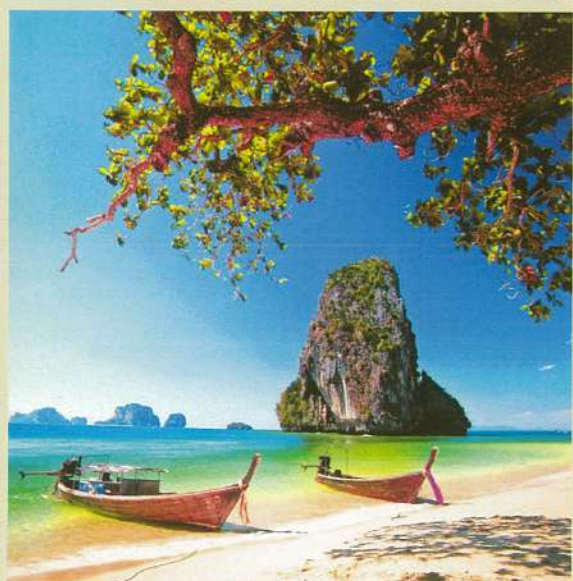
Krabi

This coastal province covers an area of 4,708 square kilometers and is located 814 kilometers south of Bangkok. Krabi's major attractions are located largely along its extensive coastline, which contains several well-known beaches and bays, and numerous offshore tropical islands. From archaeological discoveries, it is believed that Krabi was one of the oldest communities in Thailand dating from the prehistoric period.

It is also believed that Krabi was once the town of Ban Thai Samo, one of 12 royal cities that used a monkey as the town symbol. Krabi was a dependency town of the Nakhon Si Thammarat Kingdom. Another legend says that the town may have taken its name after the meaning of Krabi, which means sword. This may have stemmed from a legend that says an ancient sword was unearthed prior to the city's founding. Later, the sword became a symbol of Krabi.

Phuket

Phuket Often referred to as the Pearl of the Andaman Sea, Phuket is Thailand's largest island, shaped like an irregular pearl. It is located 867 kilometers south of Bangkok and measuring approximately 21 kilometers long. Connected to the mainland by a causeway, it has a coastline fringed with white sandy beaches and quiet coves, bathed





Phuket

by the clear blue waters of the Andaman Sea and set against a backdrop of green hills, coconut groves, and rubber plantations.

Phuket formerly derived its wealth from tin and rubber, and has a rich and colourful history.

The island was on one of the major trading routes between India and China, and was frequently mentioned in the logs of ships. The Portuguese, Dutch, English, and French came here to trade during that time.

Phuket's most famous monument is the memorial statue of the heroines Thao Thep Krasattri and Thao Sisunthon, who rallied the islanders in 1785 to repel Burmese invaders. Blessed by nature and the smiling hospitality of its people, and supported by superb tourism facilities, Phuket is today one of the world's premier tropical resorts. Palm-fringed beaches, an island-studded sea, superb accommodation, delicious seafood, numerous sporting and leisure opportunities and, of course, year-round sunshine, are a few of what makes a trip to Phuket a truly memorable holiday.

► Turkey

Turkey is a preferred tourist destination ranking among the most popular countries. Owing to its location and being the home of many civilizations, Turkey has a lot to offer: Historical sites of different cultures, natural beauty, famous and rich cuisine, friendly and hospitable people, well developed transport network and lodging facilities, health and sports tourism opportunities, etc. Below the reader can find only some of the many attractions that Turkey has to offer.

Ayasofya Müzesi (Hagia Sophia Museum)

“The eighth wonder of the world” is one of the most visited museums in the world. Initially build in 360, it was named “Hagia Sophia” throughout the entire Byzantine period. The current building was inaugurated in 537 during the Justinianos era. After the conquest of Istanbul by Fatih Sultan Mehmed II in 1453, the church was converted into a mosque. The building continued to be a sacred place and place of worship with addition



Ayasofya Müzesi (Hagia Sophia Museum)

of several structures during the Ottoman era. Four minarets were constructed in different times and tombs and fountains were also added. In the 16th and 17th centuries, the minbar, the mihrab, daises for sermon and wood balusters were placed in the interior. Sultan Mahmud I built a library in-

side its premises. The site was turned into a museum and has been open to visits since 1935.

This magnificent architectural building possesses a spectacular collection of religious icons, mosaics, stone work and funerary art. Its interior is decorated with marbles, green and white porphyry and gold mosaics. Besides being one of the biggest surviving examples of the Byzantine architecture, it symbolizes the great harmony of prominent cultures and civilizations. The Hagia Sophia Museum has been included in the UNESCO World Heritage List. Located in the Sultan Ahmet Square in Istanbul, it is open six days a week for visitors from around the world.

Sultan Ahmed Camii (Blue Mosque)

The Mosque was built by Sultan Ahmed I between

1609 and 1616 in the square carrying his name. Well known among the foreigners as the “Blue Mosque” due to its blue, green and white tiling, its authentic title is the “Sultanahmet Mosque”. It is also famous as “the only mosque with six minarets” in Istanbul. It was built by the 17th century’s Ottoman architect Sedefkar Mehmet Ağa, in the name of the Sultan. The Mosque’s inscriptions were made by Seyyid Kasım Gubari.

The architecture of the Mosque represents the classical Ottoman style: Having 260 windows, covered with stained glass and ornamented with flower motives, the Mosque is in 64x72 meters in dimensions. The central dome is 43 meters in height and 33.4 meters in diameter. Its interior is covered with Iznik Tiles of rich visual diversity. The mosque is surrounded on three sides by an outer courtyard, which is accessible through eight gates, three of which are in the front. The floor of the inner courtyard is paved entirely with white marble. The inner courtyard is surrounded by a portico covered by 30 domes supported by 26 columns.

Besides the worship place, the Sultanahmet Complex was comprised of a Sultan’s pavilion



Sultan Ahmed Camii (Blue Mosque)



(currently used as a carpet museum) and a public fountain, madrasa school, primary school, hospital and a market place. The tomb of Sultan Ahmed I, completed in 1620, is inside the Mosque's complex.

Rumeli Hisarı (Istanbul Rumeli Fortress)

The Rumeli Fortress, which is one of the prominent structures built in the 15th century, is situated on the Tracean side of the Bosphorus. It was constructed by Fatih Sultan Mehmed II in 1452, just opposite the Anatolian Fortress, which was located at the eastern side of the Strait and built near the end of the 14th century by Sultan Beyazıt I. The significant aspect was that the Rumeli and Anadolu Fortresses were situated along the narrowest point of the Istanbul Strait. The objective of building Rumeli Fortress was to prevent aid from North reaching the Byzantine State. It was also used by Sultan Mehmed II for consolidating control over the Bosphorus.

It took four months to build the Rumeli Fortress. Around three thousand masters and workers were employed for the construction. Its three towers were built by Çandarlı Halil Pasha, Saruca Pasha and Zaganos Pasha and later named after them. The



Fortress has five gates and covers an area over 30 thousand square meters.

The Rumeli Fortress, which is also well known with its wonderful sight of the Strait, is one of the most attracting places for visiting in Istanbul.

Kapalıçarşı (Grand Bazaar)

The Grand Bazaar was built by Sultan Mehmet the Conqueror in 1461 in Istanbul. Later, during the reign of Sultan Süleyman the Magnificent (1520–1566) the Bazaar was extended. The Bazaar reached its present form in 1701 and was the oldest and the biggest shopping-complex. Today it extends over 65 streets, covering an area of 30.702 square meters, containing 3600 shops, a mosque, 21 inns, two vaulted bazaars, various fountains, a well and many Gates.

This structure which has survived five fires, has been restored and repaired many times. Today around 20,000 persons are employed in the Bazaar. Depending on the season 300–500 thousand people visit the Bazaar every day.

In Kapalıçarşı tourists may find jewellery, antiqui-





ties, silverware, copperware, glass, leather, handicrafts, tissues and textiles, souvenirs, handbags, spices, carpets and kilims etc. Visitors may taste Turkish culinary delights in and outside the Bazaar.

Kapadokya (Cappadocia)

The Cappadocia region displays an amazing amalgam of nature and history. The geographic movements throughout the centuries have formed the fairy chimneys and in the course of time, people have settled and inhabited in these fairy chimneys and carved houses and churches inside the formations and decorated them with frescos, revealing the traces of thousands of years of their civilizations. The current Cappadocia region is an area covering Nevşehir, Aksaray, Niğde, Kayseri provinces as well as the rocky Üçhisar, Ürgüp, Avanos, Göreme, Derinkuyu, Kaymaklı, Ihlara and its environs.

In a spectacular landscape, entirely sculpted by erosion, the Göreme Valley and its surroundings contain rock-hewn sanctuaries that provide unique evidence of Byzantine art in the post-Iconoclastic period. Dwellings,



Kapadokya (Cappadocia)

troglydite villages and underground towns – the remains of a traditional human habitat dating back to the 4th century – can also be seen there. It contains unique natural features and displays a harmony of natural and cultural landscape elements. The Göreme National Park and the Rock Sites of Cappadocia are inscribed in the UNESCO World Heritage List.

Antalya

The word “Antalya” means “home of Attalos” as the city was founded by Attalos II. Following the fall of Kingdom of Pergamon (133 BC), the city became independent for a short period before falling into the hands of pirates. It was later incorporated into the Roman Empire in 77 BC. In 130 AD Hadrianus visited Attalia city which was later recognized as the center of episcopacy during the Byzantine period and then recorded great developments after being captured by the Turks in 1207.

Since the modern city is located over the ancient settlements, some of the ruins such as old harbour pier can still be seen. The Hadrian’s Gate on the other side of the walls is one of the unique ancient monuments of Antalya.



Antalya

In antiquity, Antalya was



known as “Pamphilia” which means “very productive” and the west side of the city was known as “Lycia”. The people who migrated from the west coasts of Aegean Sea founded the cities like Aspendos and Side in 8th century BC.

In the archaeological excavations, there is evidence of people having lived in Antalya and its environs 40,000 years ago. From 2000 BC, this region was ruled by the city states such as Hittites, Pamphylia, Lycia, Cilicia and Persia, Alexander the Great and its successors Antigonos, Ptolemais, Selevkos and the King of Pergamon and later the Romans.

The current name of the Antalya city has been given during the Republican period after 1923.

Alanya, a province of Antalya is situated 137 kilometers away from the city. The peninsula of Alanya, named “Karakesion” during the Hellenistic period, went under the hegemony of Romans and Byzantines, followed by the Seljuks. Inside the Alanya castle exists a Seljuk cistern, a Byzantine church, the Keykubat Sultan Palace and the ruins of a Seljuk bath. The castle extends down to the sea and encloses a medieval dockyard that is guarded by a 33 meter high octagonal tower of red stone and brick.

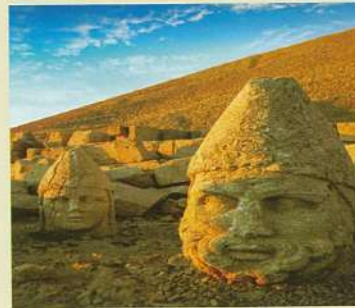
Lastly, Xantos–Letoon which was the capital of Lycia, illustrates the blending of Lycian traditions, especially in its funerary art. The epigraphic inscriptions are crucial for our understanding of the history of the Lycian people and their Indo–European language. Xantos–Letoon is in-

scribed in the UNESCO World Heritage List.

Nemrut Dağı (Nemrut Mountain)

Mount Nemrut (2552m) is located in Southeastern Turkey, 40 kilometers from Kahta and 87 kilometers from the city of Adıyaman, and is part of the Taurus Mountain range, above the Euphrates River valley. It is most notable for the gigantic statues located near the tomb of Antiochos I (69–36 BC) of the Commagene Kingdom (163 BC – 72 AD).

The sanctuary at the top of Mount Nemrut was built by Antiochos I for himself as a funerary monument and to honour the gods. It is a conical shaped tumulus with a height of 50m and 150m diameter and made up of 50,000 cubic meters of gravel. There were three terraces in the sanctuary on the East, North and West sides. The remains of the sculptures, which once decorated all three, give some idea of the size and grandeur of Antiochos' magnificent structure. Colossal heads of Apollo, Zeus, Hercules, and Antiochos I and several Greek and Persian gods surround the structure. The complex also includes a cave cistern, some reliefs and ruins of columns. The Commagene have been described as semi-Iranian people that practiced the Zoroastrian faith and worshiped gods with combined Eastern and





Western names like Zeus–Orimasdes and Apollo–Mithras.

The site was rediscovered in 1881, later in 1984, the survey and restoration of the monuments started. The burial chamber of Antiochus has not yet been found. This site has been included into the UNESCO Cultural Heritage List in 1987.

Truva (Troia)

Troia, located in the National Park is 32 km far from the city of Çanakkale in Western Turkey.

The park is best known for the ancient city of Troia (Troy), which was immortalised in Homer's famous work: Iliad and Odyssey. According to archaeologists, Troy is only one of nine cities which were built on top of each other, the oldest of which dates back to 3000 BC. Its history covers an area beginning from the north side of the E-dremit Gulf, and reaches the Southern shores of the Marmara Sea. To the south is Kazdagi (Ida Mountain), also an attractive area to visit.

Akhiles and Troians fought for many years and the siege of Troia lasted 10 years. The famous Troian horse was



Truva (Troia)

made of wood built by Odysseus to cross the Trojan ramparts and secretly enter the city of Troia. According to the plan of Odysseus, the Akhiles seemed to withdraw from the war, leaving behind a huge wooden horse. Odysseus and other elite commanders hiding in the horse later attacked Troians and conquered the city.

The Ministry of Culture commissioned a Turkish architect to build a wooden horse, which is found at the site today. The horse was completed in 1975.

The archeological site of Troia is listed in the UNESCO World Heritage Site. Ministry of Culture and Tourism has officially declared 2018 to be the Year of Troia (Troy).

Pamukkale (Hierapolis)

Pamukkale, located within the boundaries of Denizli in the Aegean region, has been a spa since the second century BC. Pamukkale means “cotton castle” in Turkish.

The travertine features have been formed through shifting of a fault in the valley of the



Pamukkale (Hierapolis)



Menderes river near Denizli. As the fault shifted, hot springs with a very high mineral content arose at this location. Apart from the minerals, calcium and hydrogen carbonate react to create calcium carbonate (also known as travertine) and limestone. This is what gives Pamukkale its cotton white color.

Deriving from springs in a cliff almost 200 meters high overlooking the plain, calcite –laden waters of the travertines, made up of mineral forests, petrified waterfalls and a series of terraced basins create an enchanting view.

At the end of the 2nd century B.C. the dynasty of the Attalids, the kings of Pergamon, built the thermal spa in Hierapolis. The ruins of the baths, temples and other monuments can also be seen at the site. Pamukkale–Hierapolis is inscribed in the UNESCO World Heritage List.

Efes (Ephesus)

Located within what was once the estuary of the River Kaystros, Ephesus comprises successive Hellenistic and Roman settlements founded on new locations, which followed the coastline as it retreated westward. Excavations have revealed grand monuments of the Roman Imperial period including the Library of Celsus and the Great Theatre. Remains of the famous Temple of Artemis, one of the “Seven Wonders of the World,” attracts pilgrims from all around the world. The Ancient City of Ephesus is an outstanding example of a Roman port city, with sea channel



Efes (Ephesus)

and harbour basin.

The city which was situated at the beginning of the Persian Royal Road has survived sufficiently enough to enable us to understand the ancient way of life in Ephesus. It is one of the cities which played impressive role at the beginning of

Christianity and during its proliferation. Since the 5th century, the House of the Virgin Mary, a domed chapel seven kilometers from Ephesus, became a major place of Christian pilgrimage. It contains one of the most spectacular examples of religious architecture of the Seljuk Period as well.

Ephesus is inscribed in the UNESCO World Heritage List.

**All the pictures in this text are kindly provided by the Ministry of Culture and Tourism of the Republic of Turkey*



On the occasion of the 25th anniversary

CHAPTER II

Recipes of the
CICA Region





▶ Azerbaijan

Doymaj (Side Dish for Kabab)

Ingredients:

Cherry-Plums (Green, Sour) – 200 g

Plums (Half-ripened) – 200 g

Cherries – 100 g

Green Apples – 100 g

Garlic – 4–5 cloves

Basil – 60 g

Coriander – 60 g

Salt and Pepper – to taste



Preparation: The name of this dish comes from the Turkic word *deima* and means “ground” or “crushed.” First, clean the cherry-plums, cherries and plums from their seeds. Peel and clean the apples from their seeds and cut them into wedges. Crush everything in a porcelain mortar or bowl, and add chopped garlic, parsley, pepper and salt. Serve the mixture in a small, deep plate.

Doymaj is eaten with a teaspoon to complement fatty foods or kababs.



Kyuku (Omelette with Herbs)

Ingredients:

Herbs: Spinach, Dill, Chives (or Leeks), Mint, Cilantro,

Basil – 1 beam

Eggs – 5–7 pc.

Citric Acid – 20 g

Melted Butter – 80 g

Flour – 50 g

Plain Yogurt – 200 g

Salt and Pepper – to taste



Preparation: The etymology of the name of this dish comes from the Turkic word *kepmeck*, which means “to swell.” During its preparation, *kyuku* gradually rises, or “swells,” in the pan almost as if gaining weight. Start by washing, drying and finely chopping the fresh herbs. Beat the eggs in a deep bowl and add the herbs, lemon juice, sprinkle a little flour to improve clotting, salt, pepper, and mix well. In a deep, well-heated pan pour 2 tablespoons of oil and add in the prepared egg mixture. Cover with a lid. After 5 minutes, remove the lid and shake the pan a little so that the mixture is sliding in it. Then cover again with the lid and reduce the heat. After 15–20 minutes, the contents of the pan should be cooked through and look almost like a cake (the top should not be liquid). Now, cover the

pan with a flat plate, flip the pan and put the kyuku on the plate. Add a spoonful of oil to the pan and put the kyuku back in, toasted side up. Fry for 5 minutes, uncovered, until the other side is browned as well. Repeat the plate covering the pan technique, flip it and put the kyuku on a plate. You can sprinkle the dish with sumac and cut it into slices. This dish can be served both cold and hot, and is usually eaten with plain yogurt.

You can also add chopped walnuts to the kyuku, which gives the dish an excellent taste and color.

Balva

Ingredients:

Malva (Mallow) – 300 g

Rice (Arborio) – 100 g

Onions – 200 g

Flour – 30 g

*Extract of cherry-plum or Soft-
ened lavashana – 30 g*

Melted butter – 100 g

Salt and pepper – to taste



Preparation: Cook the rice in 1 liter of water until soft. Next, clean the malva from the stems, wash thoroughly and cut into small pieces with the onions (you can also mince them). Put the rice in a pot and sprinkle with chopped herbs. Cook for 10–15 minutes until ready. Once



the rice is ready, pass it through a sieve and add in flour. Then add sautéed onions, oil, salt, and pepper to taste and turshu. The consistency of the dish should resemble a thick soup. Serve hot in deep plates.

Dovga

Ingredients:

Plain Yogurt – 1 L

Rice – 80 g

Egg Yolk – 1

Flour – 50 g

*Parsley, Leeks,
Cilantro, Dill, Mint,
Mountain Cilantro (Dag
Keshnishi)*

– 1 Beam Each

(Options of Combinations: – Mint, Coriander, Celery; – Mint, Dill, Cilantro; –Spinach, Celery, Coriander, Dill, Mint; –Spinach, Mountain Coriander, Dill, Mint)

Salt and Pepper – to taste



Preparation: The etymology of the word dovga comes from the Turkic word “dug (kh)”, which in Turkic languages means “churn,” “mix,” or “whip” signifying the need to constantly stir while cooking so that the plain yogurt does not curl. It is best to cook dovga in an aluminum

or copper pot so that the bottom does not burn. First mix up plain yogurt and add boiled, tender rice. Mix the egg yolks and flour with 2 tablespoons of water until it becomes smooth and mix it in with yogurt. Wash all the fresh herbs, dry them and chop them. Next, put the pot with yogurt on the stove and let it cook, stirring constantly so that it does not curl. When the mixture starts to boil, add the herbs and cook over low heat for 5 minutes, then remove from heat. Do not add salt, but add pepper to taste (there is enough natural salt from the herbs). You can also add 60–100 g of pre-cooked tender chickpeas to the dovgga. Dovgga is served as a first course with bread and onions. This dish can be stored in the refrigerator for up to 5–6 days.

Dushbara

Ingredients:

Dough (Make, as Shown at the Beginning of This Section)

Lamb or Beef (Boneless) – 500 g

Onions – 150 g

Sirke-sarimsag Sauce

(Vinegar with Crushed Onion or Garlic – 40 g)

Dried Mint – 20 g

Salt and Pepper – to taste





Preparation: Translated from Turkic languages the words tosh and dash mean “filled up” and “spill out”, respectively. The word berek means “food” (dishes made from dough). This explains the origin of the name of the dish, that is, when the water is at the point of reaching the top of the pot and spilling out after boiling, the dushbara should be added in. First, mince the meat together with onions and add salt to taste. Thinly roll out the dough and cut it into squares of 2x2 cm. Put a little meat in each square and fold from one corner to another, making a triangle. Then, connect the other two corners of the resulting triangle to each other, making small shell-shaped figures. Now boil 2 liters of salted water. When the water comes to a boil, add in all the dushbara. When they float up to the top, the dish is ready. Dushbara is usually served sprinkled with dried mint. Add Sirke–sarimsag sauce to taste. One spoon should fit, on average, about 5–8 dushbara. This dish can also be prepared with chicken or meat broth.

Khash

Ingredients:

Cleaned Cow Hooves (Below the Knee, Usually the Front) - 2 pcs

Sirke–sarimsag Sauce (Vinegar with Garlic)

Salt and Pepper - to taste

Preparation:

The name of this dish comes from the Turkic word *ash* (food) which forms the root of the verb *khashlamag*, i.e. “to boil in water for a long time.” Azerbai-



jani cuisine also has a dish called *khashlama*, the meaning of which also signifies the fact that it needs a long time to cook, until the meat is completely cooked and very tender. All these dishes must be cooked with large ring-shaped pieces of sliced onion, bell peppers, and tomatoes. To start, make sure you clean the hooves well, wash and cut the joints, and put them in a pot. Add water so it completely covers the contents. Cook over very low heat for 7–8 hours without salt. By the end of the cooking process, thrown in whole peeled onion, and when it starts to open, take it out of the pot. Then, pour the broth into an enamel pot, add salt to taste and pieces of meat cleaned from bones. This dish is served hot with *sirke-sarimsag* sauce added to taste.

Gyurza**Ingredients:**

Dough (Make, as Shown at the Beginning of This



Section)

*Lamb or Beef
(Boneless) – 500 g*

Onions – 200 g

*Sheep's Tail Fat –
100 g (For Those Who
Want It)*

Dill – 1 bunch

*Sarimsagli Gatig Sauce (Yogurt with Chopped Garlic)
– to taste*

Salt and Pepper – to taste



Preparation: Experts have suggested that the name of this dish comes from the Turkic word *gyurz* (*gyurza*), which translates as “oval.” One of the elements of Turkic architecture is called *gyurz* and implies an oval shape. There is also an ancient weapon called *gyurz*. To start, make minced meat with onions and sheep’s tail fat. Add salt and pepper to taste, and fry well together. Roll the dough and, using a glass cup, cut it into small circles. On each circle place some of your cooked beef and close it up from both sides by making seams in the shape of a snake. Leave a small hole at one end of the seam. Next, cook the *Gyrza* in broth or salted water for 5–10 minutes (until the dumplings start to float to the surface of the water) and using a slotted spoon place them on a plate. Drizzle with *sarimsagli gatig* sauce or tomato sauce and sprinkle with

dill. Alternatively, the gyurza can be placed into a bowl with 1–2 tablespoons of broth or melted butter. You can also fry the gyurza.

Gutab with meat

Ingredients:

Dough as described in the beginning of this section

Lamb or Beef – 600 g

Onions – 120 g

Seeds from 1 Whole Pomegranate

Sumac – 30 g

Plain Yogurt

Salt and Pepper – to taste

Preparation: The word gutab comes from the word gatlamag, which means “to fold.” To start, knead the dough and cover it with a towel. Next, mince the meat together with onions. Divide the dough into balls with a diameter of a fist. Then, roll it out thinly and cut out circles the size of a dessert plate. Put a thin layer of the minced meat on one half of the circle (a hemisphere), and sprinkle with pomegranate seeds (about 5 or 6). Fold over the





half (hemisphere) without the meat and firmly close the sides. You can fry the gutab on both sides with or without butter, on an extremely hot pan. Gutaby with meat can be eaten with plain yogurt.

Arzuman Kyuftasi

Ingredients:

Boneless Chicken – 400 g

Lamb or Beef – 1 kg (Tenderloin)

Onions – 300 g

Rice (Arborio) – 50 g

Dried Cherry-Plums or Albuvara – 100 g

2 Chicken Eggs or 10 Quail eggs

Chickpeas – 100 g

Sumac – 5 g

Dill – 1 bunch

Salt and Pepper – to taste

Preparation: The word arzuman derives from the Turkic word “Azman,” which translates into “huge” or “enormous.” This is fitting as the meatballs are larger than normal and are made to feed the whole family. In



addition, this is a celebratory dish. In Azerbaijan, this dish is most common in the Nakhchivan region. To prepare this dish, boil the eggs, cool them, and peel them (the chicken eggs may be cut in half, the quail eggs can be left whole). Soak chickpeas for 8–10 hours in hot water and then boil in lightly salted water. Mince the meat and onion twice to make it finely minced meat. Add washed rice, salt and pepper to taste, and mix well.

Roll whole of the mixture into a large meatball and place on a sterile gauze (30x30 cm). Make a pocket in the middle of the meatball for the turkey or chicken breast.

Stuff various parts of the meatball with dried plums, or albuharu, and the eggs. Form the meatball again (it's recommended to make it slightly elongated) and wrap it in the gauze. Place everything into a large pot, taking care not to alter the form of the meatball. Pour in the boiled chickpeas with the water in which it was cooked in, and add enough water to cover the meatball. Cover with a lid and cook for an hour on low heat. Add salt to taste. Some of the water will evaporate but water should cover half of the meatball. If necessary, add water during cooking.

Serve as follows: put the meatball on a separate dish. Cut, it in half and sprinkle with chopped dill. Pour the broth in which the meatball was cooked in with the chickpeas into a bowl and serve separately. Sumac can be added to taste. You can serve the sliced meatballs in the bowl of broth, or separately on a plate.



Yarpag dolma

Ingredients:

Lamb (Medium Fat Content) or Beef – 500 g

Onions – 150 g

Cilantro, Dill, Mint – 1 beam (If there is no Fresh Mint, use Dried)

Sprig of Basil

Rice – 100 g

Grape Vine Leaves (Fresh or Pickled) – 200 g

Yogurt with Garlic or Plain Yogurt

Salt, Pepper, Cinnamon – to taste

Preparation:

Mince the meat with onion; add washed rice, finely chopped herbs, salt, pepper and mix thoroughly. If you have fresh grape leaves, scald them with boiling water until tender. Pickled or salted leaves are ready for



cooking. Wrap the minced meat mixture with the grape leaves, similar to the shape of an envelope, and tightly pack them into a pot. To make sure the leaves are packed tight and don't unwrap while cooking, you can cover them in the pot with an

inverted plate. Add two cups of water, and cover with a lid. Cook on low heat for one hour until ready. If the water boils away, add another half a cup. To make sure the leaves on the bottom of the pan don't burn, place a layer of bones (you can use ribs) or a layer of vine leaves.

Dolma is served in a bowl, sprinkled with the gravy in which it was cooked in and is usually eaten with plain yogurt, to which you can also add finely chopped garlic.

Kalam Dolma

Ingredients:

Lamb or Beef (Boneless) – 800 g

Cabbage – 1 kg

Rice – 100 g

Onions – 120 g

Tomatoes – 150 g or Tomato Paste – 40 g

Cilantro – 1 bunch

Wine Vinegar – 40 g or Citric Acid – 20 g

Sugar – 20 g or Mulberry Doshab – 60 g

Cinnamon, Pepper, Salt – to taste

Preparation:

Mince the meat with onions, add washed rice, finely chopped herbs, grated peeled tomatoes, salt, pepper and mix thoroughly. Blanch the cabbage in water and peel the leaves (three pieces per serving). Wrap the prepared minced meat stuffing, giving each leaf a square shape. Dolma should be spread in rows in the pan. Fill the



pan to the top with water and cook for an hour. 20 minutes before the dolma is cooked, pour the sirke–shire sauce, which you can make from sugar and vinegar. When serving, sprinkle with the gravy in which dolma was cooked along with some cinnamon. Serve the plain yogurt yogurt with crushed garlic separately, to be poured on top.

Chicken Levengi

Ingredients:

Whole Chicken – 1 pc. (1.2 kg)

Walnuts (Peeled) – 200 g

Onions – 200 g

Narsharab (Thick Pomegranate Juice) – 40 g or

Cherry–Plum Extract – 50 g

Vegetable Oil – 70 g

Raisins – 80 g

Cherry–Plums (Dried) – 50 g

Salt and Pepper – to taste

Preparation: To make chicken levengi, start by rub-



bing the chicken, inside and out, with salt and pepper. Mince walnuts and onions separately, and remove the left over juice from the onions. Now mix everything to-

gether, adding in raisins and narsharab or extract of cherry-plums, to make stuffing. Use this mixture to stuff the chicken and then sew the abdomen shut. Rub the outside with extract of cherry-plums and oil. Place on a baking pan and put it in the oven. Bake at 180°C for 1 hour. To make sure the meat doesn't dry out, pour in one cup of water. You can serve levengi in its hot or cold form. This dish is most common in the southern regions of Azerbaijan.

Shah Plov

Ingredients:

Rice – 600 g

Lamb (Boneless) – 600 g

Melted Butter – 400 g

Onions – 250 g

Dried Apricots – 150 g

Raisins – 250 g

Chestnuts – 200 g

Lavash (Thin Dough) – 20–30 sheets

Saffron – 0.3 g

Salt, Pepper, Turmeric – to taste



Preparation: The name of this celebratory plov comes from its appearance when ready, reminding one of a beautiful Shah's crown. Since the rice and meat are cooked together in a doughy enclosure, the dish turns out amazingly delicious and fragrant, truly royal. To start, the rice should



be cleaned, rinsed and soaked in salted water for 4–6 hours. When cooking, boil until soft. Add a little salt, strain the rice, and add infused saffron (for 1 gram of saffron use 3 tablespoons of boiling water). Cut the meat into rectangular pieces, rub with cherry plum extract and add salt and pepper to taste.

Preparing Shah plov requires a kazan (a cauldron or pot with a narrowed top). Grease the bottom and sides of the kazan with melted butter. Then take 5 sheets of lavash (sheet of thin dough greased with melted butter) and layer them on the bottom of the pot so that each subsequent layer slightly overlaps the previous one (similar to the petals of a flower) and covers the walls of the pot. The rice should be added in thirds. First, put in a third of the cooked rice on the bottom of the kazan. Add the meat and cover it with the second third of the rice. Next, put in the chestnuts, dried apricots and raisins and cover them with the remaining rice. Tightly cover the rice with the lavash hanging from the sides of the kazan. Finally, close the plov with more sheets of lavash. Cover the kazan with a lid and place it in the oven heated to 130 ° C. After 40 minutes, carefully pore over with the melted butter.

After 80 minutes, remove the kazan from the oven, open the lid, and drain the oil. Turn the pot over on a big, flat dish to take out the plov. Cut the resulting cake into portions by making a hole in the middle, and peeling the crust like flower petals.

Plov Sabzi-Govurma (Plov with Braised Meat and Herbs)

Ingredients:

- Rice (*Arborio*) – 600 g
Lamb (*Shoulder, Brisket*) – 800 g
Onions – 100 g
Melted Butter – 100 g
Herbs: *Cilantro, Qyavar (Leek), Dill, Parsley, Sorrel, Scallion, Mint (or Celery)* – 2 beams each
Abgora (The Juice of Unripe Grapes) or Lemon Juice – 30 ml
Saffron – 0.2 g
Salt, Pepper, Cinnamon – to taste



Preparation: The name of this dish literally means “govurma (grilled meat) with herbs.” Sabzi-govurma can also be an independent dish, served without plov and eaten with plain yogurt. First, thoroughly wash all the herbs and finely chop them. Cut the lamb into pieces weighing 25–35 g, sprinkle with salt and pepper, and fry. Add sautéed onions, fresh herbs (parsley, dill, sorrel, leeks, parsley, and scallion), half of the infused saffron, abgoru or lemon



juice, a small amount of water and simmer until tender. Separately cook strained rice.

Serve as follows: put the rice with saffron in a pile in the center of the plate, on the side place govurma–sabzi, pore over with melted butter and sprinkle with cinnamon.

Shekerbura

Ingredients:

Almonds or Hazelnuts – 1 kg

Sugar – 1 kg

Cardamom Seeds – 8–10 pcs.

Flour – 2 kg

Eggs (Yolks) – 10 pcs.

Sour Cream – 800 g

Butter – 750 g

Milk – 200 ml

Yeast – 10 g

Salt – 1 pinch

Preparation: The ancient name of this sweet, whose appearance resembles and symbolizes the crescent, is derived from the Turkic word *burek* (pie, food) and the word *sheker* (sugar, sweet), and literally translates as “sweet pie.”



Start by soaking the yeast in 70 ml of milk, adding 1 tablespoon of sugar and mix it with the flour. Then, add the remaining milk and melted butter. Knead the dough and let sit in a warm place for 30 minutes. Grind almonds or hazelnuts and cardamom, and mix it with sugar. Now roll out the dough and cut it into round shapes (the size of a tea saucer). Place the sugar-stuffing on the dough, make a pattern of stitches and close up the circles. The top is usually decorated with further stitching patterns (for instance, in the shape of a Christmas tree). Now place them in a preheated oven. Bake at 180 °C for 30–40 minutes. Stop baking before the surface turns golden brown.

Pakhlava

Ingredients:

Walnuts (Peeled) – 1.5 kg

Butter – 500 g

Eggs – 2

Flour – 800 g

Sugar – 1.5 kg

Rose Petal Infusion – 100 g

Saffron – 0.2 g

Water or Milk – 600 ml

Khash-Khash (Poppy) – 10 g

Pistachios or Almonds – 50 g

Salt – 1 pinch



Preparation: The

title of this pastry comes from its appearance – a diamond, the symbol of fire, which is referred to as a pakhla in Azerbaijani carpet designs. This is one of the holiday

sweets that are baked on Novruz Bayram (the festival which celebrates the arrival of Spring), in honor of the stars in the sky. Start by adding 2 egg yolks, 100 g of softened butter and a pinch of salt to the flour and knead the dough. Now divide it into 10 equal parts. Peel the nuts (you can do this by dropping them into boiling water), dry them and grind, mixing the result with the sugar. Divide the sugar stuffing into 7 parts and thickly grease a baking pan with butter. Next, roll one part of the dough into a thin layer and put it on the baking pan, making sure the edges stick to the sides of the pan. Brush the first layer with butter and put on another layer of dough, again greasing the top with butter. Add a coat of walnut–sugar filling, then add another sheet of dough, and repeat these steps until you run out of dough. Make sure that between the last layers of dough (9 and 10), similar to layers 1 and 2, there is only butter. Carefully sculpt the edges, compacted by hand.

Now you must infuse the saffron (for 2 g of saffron

use 6 tablespoons of boiling water). Cut the compacted pakhlava into diamond shapes. Using a brush, coat the entire surface with the saffron tincture. Place white poppy seeds in the corners of the diamond and push half of a pistachio or almond into the middle.

Bake in the oven at 180 ° C for one hour. Once the pan has warmed, pore over the pakhlava with the rest of the butter. Now make syrup out of sugar and water by boiling them together and adding in the tincture of rose petals, immediately pouring it over the finished baklava.

When the pan has cooled, put the diamonds out onto a plate or in a pot. Pakhlava can be stored for 10–15 days.



► China

Beijing Duck

Trim the legs and wings of your duck back to the first joint. Remove any fat from the cavity and check for any remaining feather stubs. Slide your fingers under the skin and loosen all over.

String your duck on and then bring a large pot of water to the boil. Add 150g white vinegar then take off the boil and plunge the duck in it for 10 seconds. Hang the duck back up and allow it to cool for a minute or two. Repeat this process five times.

Grind 5g each of salt, star anise, orange peel, ginger, cinnamon, Szechuan pepper and a couple of cloves and use to powder the cavity of the duck.



Either hang the duck in the blast from a fan or leave it uncovered overnight on a rack in the fridge. This will dry

the skin.

Maltose is a secret ingredient available from Chinese groceries. It's about a quarter as sweet as sugar syrup but has the consistency and adhering power of epoxy glue and caramelizes beautifully.

Melt 200g of maltose in a pan with a little boiling water and stir in 50g each of rice vinegar and dark soy sauce.

Paint a layer of the glaze onto the duck's skin and allow it to dry in the air from a fan. Repeat the process until you've built up a substantial, toffee-like coating.

Again, this can be done in the fridge.

Put some boiling water in the bottom of the roasting tin and place the duck in a 200C oven, immediately turning the temperature down to 160C. Avoid the temptation to peek for at least the first 10 minutes. After an hour and a half the duck should be perfect. Allow to cool for a little to settle the juices and let the glaze harder. If you want to shred your duck meat, restaurant style, allow it to cool completely, refrigerate overnight and then reheat in a slow oven before shredding with forks.

Kung Pao Chicken

Cut chicken into lynch pieces. Marinade it with oyster sauce in a bowl and let it stand for 10 minutes. Mix sauce ingredients in a bowl.

Put a wok over high heat, add 2 tablespoons oil and swirl to coat sides. Add chilies and cook for about 10 sec-



onds, stirring until fragrant.

Add chicken and stir fry for 2 minutes. Remove chicken and chilies from wok.

Add 1/2 table-spoon oil to wok, swirling to coat sides. Add garlic and cook for about 10 seconds, stirring until fragrant. Add peanuts, bell pepper, and bamboo shoots; stir fry for 1 1/2 minutes.

Return chicken and chilies to wok; stir fry for 1 minute. Add sauce and bring to a boil. Add cornstarch solution and cook, stirring, until sauce boils and thickens. Add peanuts and stir to coat.

Vegetable Dumplings

Stir salt into the flour. Slowly stir in the cold water, adding as much as is necessary to form smooth dough. Don't add more water than is necessary. Knead the dough into a smooth ball. Cover the dough and let it rest for at least 30 minutes.

While the dough is resting, prepare the filling ingredients. Add soy sauce, salt, rice wine and white pepper to a diced fried egg, tofu and vegetable, stirring only in one direction. Add the remaining ingredients, stirring in the same direction, and mix well.

To make the dumpling dough: knead the dough until it forms a smooth ball. Divide the dough into 60 pieces. Roll each piece out into a circle about 3-inches in diameter.

Place a small portion (about 1 level tablespoon) of the filling into the middle of each wrapper. Wet the edges of the dumpling with water. Fold the dough over the filling into a half moon shape and pinch the edges to seal. Continue with the remainder of the dumplings.

To cook, bring a large pot of water to a boil. Add half the dumplings, giving them a gentle stir so they don't stick together. Bring the water to a boil, and add 1/2 cup of cold water. Cover and repeat. When the dumplings come to a boil for a third time, they are ready. Drain and remove. If desired, they can be pan-fried at this point.





India

Chicken Biryani

Ingredients:

- 1 kg chicken drumsticks*
- 1 kg basmati rice, soaked for 30 minutes*
- 2 cups onion-flavoured oil (the oil that remains after deep frying the onions)*
- 2 cups crisp fried onions*
- 2 tbsp garlic paste*
- 1^{1/2} tbsp ginger paste*
- 2 tbsp salt*
- 3 tbsp coriander powder*
- 1 tbsp red chilli powder*
- 3/4 tsp turmeric powder*
- 1 cup yogurt*
- 2 tsp garam masala powder (see the Note, below)*
- 3/4 cup mint leaves*
- 3/4 cup coriander leaves*
- 10 green chillies, slit*
- 1/2 cup fresh lemon juice*
- 1/4 tsp saffron, soaked in 1 tsp milk*

1 cup milk

Preparation: Heat 1 cup oil, add chicken and sauté for 2 minutes; add 1 cup fried onions along with the garlic and ginger pastes; stir in the salt, coriander, red chilli and turmeric powders; sauté, sprinkling water and stirring constantly till it turns brown. Stir in yogurt and half the garam masala powder; cover and simmer for 5 minutes only; it will cook again with the rice. Transfer the chicken to a large baking pan; cover with the mint and coriander leaves and green chillies; sprinkle with the lemon juice and the remaining garam masala powder.

Fill a large pan with water and bring to a boil; add the salt and rice and boil until the rice is three-quarters cooked; drain thoroughly.

Spread the rice evenly over the chicken; sprinkle with the saffron, the remaining oil and the milk; scatter 1/2 cup fried onions over the top. Cover the dish with aluminum foil; place in a preheated moderate oven at 160C/325F, for 30

minutes. Switch off the oven; leave the pan in the oven until it is time to serve; garnish with the remaining fried onions.





NOTE: Garam Masala

Grind 3 tbsp black cumin, 2 large pieces of cinnamon, 8 cardamoms, 6 cloves and 6 peppercorns into a fine powder to make fresh garam masala powder for this biryani as well as for other Indian dishes.

Paneer with Peppers

Ingredients:

- 250 g paneer (soft cottage cheese)*
- 2 medium green bell peppers*
- 1 medium red bell pepper*
- 1 Medium yellow bell pepper*
- 3 tbsp oil*
- 2 medium onions, sliced*
- 4 cloves garlic, diced*
- 1 piece of ginger (2.5 cm. long), slivered*
- 15–20 small mushrooms, halved*
- 1 cup corn, cooked*
- 1 cup fresh tomato puree*
- 1 tsp red chilli powder*
- 1 tsp garam masala powder salt to taste*
- Coriander leaves, chopped to garnish*

Preparation:

Cut the paneer (fresh cottage cheese) into even-sized cubes. Cut peppers into 2.5 cm squares; discard the seeds and membrane. Heat oil in a pan and fry onions, garlic and ginger until they turn golden; add the

peppers, mushrooms and corn; sauté for 4 to 5 minutes or until lightly cooked. Add paneer, stir in the tomato puree, red chilli



and garam masala powders and salt; reduce the heat and simmer for 10 minutes; garnish with coriander leaves and serve hot with chapatis (Indian rolled bread) or naan

Rajma Masala (Red Kidney Beans)

Ingredients:

*250 g red kidney beans (rajma), soaked overnight.
Change water several times to take away the bitter taste of the beans.*

3 tbsp oil

1/2 tsp cumin seeds

1 large onion, grated

2 large tomatoes, grated

1 piece of ginger (2.5 cm. long), grated

2 tsp turmeric powder

1 tsp red chilli powder

1 tsp garam masala powder

Salt to taste

Water (5 times the volume of kidney beans)



1 tbsp coriander leaves, chopped to garnish

Preparation: Drain the soaked red kidney beans. Heat



oil in a pressure cooker, add the cumin seeds and fry until fragrant; add the onions and sauté till golden brown; add tomatoes and ginger and sauté for 1 more minute. Add kidney beans, sprinkle turmeric, red

chilli and garam masala powders and salt; sauté until oil floats to the surface. Add water, close the pan and bring it to pressure then reduce the heat and cook for 45 to 50 minutes or until the beans are tender. Remove the lid and cook on high heat to evaporate excess water; transfer to a serving dish and garnish with ginger juliennes and coriander leaves.

Gajar ka Halwa (Carrot Halwa)

Ingredients:

1/2 kg carrots

1 litre milk

1/2 tsp cardamom powder

1/2 cup sugar

3 tbsp ghee (butteroil)

2 tbsp cashew nuts, to garnish

2 tbsp slivered almonds, to garnish

Preparation: Scrap and grate carrots and put them into saucepan with heavy base. Stir fry on high heat for a few minutes to dry out their water content. Add milk and continue cooking on medium flame. Once the mixture comes to boil, reduce the heat and let it simmer, stirring from time to time to ensure that the mixture is not burned at the bottom. When the milk is absorbed and the mixture begins to dry and has thickened, add cardamom powder. Add sugar and cook till the liquid released by the sugar is absorbed and the mixture looks dry again. Add ghee and fry the carrot mixture, stirring continuously till ghee shows at the sides. Transfer to a serving dish, garnish with cashew nuts and almonds and serve hot.



Samosa

Ingredients:

2 tbsp oil

1 piece of ginger (2.5 cm. long), finely chopped

1 green chilli, chopped

1 tsp cumin seeds



250 g peas, shelled
1/2 tsp red chilli powder
1/2 tsp garam masala powder
Salt to taste
1/2 kg potatoes, boiled, finely diced
For the outer cover
200 g flour
1 tbsp oil
1 tsp carom seeds
Salt to taste
Water as required
Oil to deep-fry
Mint-coriander chutney, to serve

Preparation: Heat oil in a pan, add ginger, green chilli and cumin seeds and fry till fragrant; stir in peas, sprinkle with red chilli, garam masala powder and salt; cover and cook till tender. Stir in potatoes and cook for 2



to 3 minutes. Allow the potato filling to cool. Put flour in a bowl and stir in oil, carom seeds, salt and water; knead to make a medium –soft

dough. Divide the dough into 10 smooth balls. Roll each ball into a circle, about 15 cm in diameter. Cut the circle into two equal halves, using a sharp knife. Shape one half into a cone, wet the edges and seal. Stuff potato filling into the cone and seal the ends by wetting the edges. Samosa is now ready for frying.

Heat oil in a wok, add few samosas at a time and deep-fry on medium heat until golden brown and crisp. Serve hot with mint-coriander chutney.



Kazakhstan

Beshbarmak is the main traditional dish of Kazakhs – roast lamb or horse meat boiled in broth with sliced small pieces of dough and generously sprinkled with dill, parsley and cilantro, served on a large oval platter.

Besbarmak

Besbarmak – translates as 5 fingers because people of Central Asia eat with fingers.

This dish is traditionally made from horse meat, but in recent years, mutton or beef is used instead of horsemeat.

Ingredients:

500 –800 g meat (lamb/horse/beef) with bones

Salt

Flour

1 egg

3 potatoes

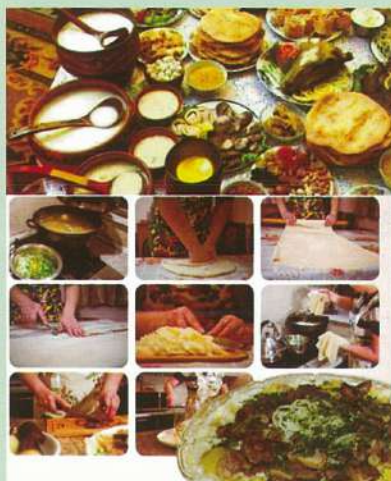
2 onions

Bay leaves

3 cloves of garlic (optional)

Frying oil

Preparation: Cut meat into small pieces and wash it. Boil it in a cauldron or a pot. Once it comes to boil, reduce the heat, remove the foam and simmer it for around two hours on low boil. Around 30 minutes before end of cooking add salt to taste, bay leaf, head of onions, black pepper and peeled potatoes to the broth and continue cooking until tender.



Separately, knead the dough, let it stand for 30–40 minutes, then roll it to a thickness of 1–1.5 mm and cut into squares of 7–8 cm. Place fried onions and garlic in a small saucepan, add one cup of the broth and bring to boil on a low heat (This sauce is called Tuzdyk). In the boiling broth add squares of dough and cook for 5–10 minutes until tender. Boiled dough and cut meat are placed in a platter. Tuzdyk sauce and potatoes are added to it. Kazy, karta, shuzhyk and zhanbas can be added as optional items.

Kazy**Ingredients:**



1 kg of horse meat (liver)

500 g of horse fat

beef intestines 0.5 m

25 g of cumin

2 tsp of ground black pepper

25 g of salt.

Preparation:

Preparing meat: Cut horse meat into strips of 2–3 cm in width and 8–10 cm in length. Rub salt and spices in the meat. Cover with a cloth and leave for 1–2 days in a cool place.

Preparing intestines: Turn the guts inside out, wash in cold water, rub with salt and let it stand for 5–10 minutes.



Scrape off the film without touching the fat. Rinse 4 times alternatively in cold and hot water and scrape the slime again. Turn on the face, cut into 50 cm long pieces. Tie one end of each piece with string and pour the prepared meat and fat through the other end in the proportion of 2:1 and tie the second end. After this preparation, kazy can be sun-dried, cooked or smoked. (If kazy is

prepared for cooking and smoking, then one-third of it should consist of horse fat)

Drying: In summer hang out for a week in the sun and the wind. In winter, it can be frozen under the snow and dried for 2–3 months in a cold dark place.

Cooking: Put sausages in a pot, cover with water and cook on low heat. When the water comes to boil, remove the foam, puncture sausages in several places and continue to cook for 2 hours.

Smoking: Keep in thick smoke at a temperature of 50–60 °C for 18 hours, cool at 12 °C for 2–3 hours.

Shuzhik

Ingredients:

5 kg of horsemeat

5 kg internal fat

Intestines

350 g of salt

10 g of black pepper

Garlic to the taste

Preparation: Rub the meat with salt and keep it for 1–2 days in a cool place at 3–4 °C. Intestines are prepared in the same manner as for Kazy and kept in a little salted water. Then meat and fat are cut finely and mixed. Add garlic, pepper and salt and mix again. This mixture is stuffed into the intestines and both ends are tied with string. Hang



out for 3–4 hours in a cool place.

Smoke shuzhyk for 12–18 hours in thick smoke at 50–60 ° C or dry it at 12 ° C for 2–3 days.

Before serving, boil dried or smoked shuzhyk over low heat for at least 2–2.5 hours. Cut into slices

not thicker than 1 centimeter and serve with onion rings and green.

Karta

Ingredients:

1 Karta,

Salt, green pepper and dill – to taste

Preparation:

Karta is large intestine of lamb or horse. Wash it thoroughly without removing the fat, then gently turn inside out, so that the fat remains inside. Wash it again and tie at both ends.

Karta also can be dried and smoked. For drying Karta is sprinkled with fine salt and kept in a cool place for 1–2 days



and then dried. For smoking, it should be smoked for not less than one day, then dried for 2–3 days.

Before serving, cook Karta for at least 2 hours on low heat after washing it well. Before serving, cut the rings decorated with green pepper and dill.

Sorpa

Ingredients:

500 g mutton
2.5–3 liters of water
0.5 tsp of salt
4–5 boursaks



Preparation: The meat is thoroughly washed in cold water and boiled over low heat for about 1–1.5 hours. Remove foam and excess fat from the broth and cook till meat is tender. Towards the end of cooking, add salt. Meat is cut into small pieces and served with broth in deep bowls.

Kuyrdak

Ingredients:

850 g of lamb liver, 500 g kidneys, 300 g heart
450 g sheep's tail fat and 150 g of mutton fat
2 onions
2 cups of broth
1 teaspoon black pepper
salt – to taste.



Preparation:

Cut fat mutton and fat –tailed fatty lamb into cubes and fry. Add heart and kidneys after

15 minutes put the liver and chopped onion, salt and pepper, pour a little broth and bring to readiness.

Boursaks

Ingredients:

3 cups flour

10 g yeast

0.6 cups of water

0.7 cups milk, 2 eggs

30 g of margarine

1 tsp salt

1 tbsp of sugar.

1–2 cups of fat for frying

Preparation:

Prepare the dough in sponge method after adding all the ingredients. Make slightly elongated round pieces from dough in the length of 3–3.5 cm. Let it brew for 15–20 minutes and fry in the red-hot oil.



Kyrgyzstan

Samsa

Bake samsa in tandyr at a temperature of 400 degrees. The most important moment in the preparation is the attachment of the semi-finished product to the clay walls of the circular kiln. The average tandyr is designed for 100–120 samsas, but there are furnaces that can hold 250 pieces. Loading tandyr should be complete, otherwise you can get just “embers”. For starting the fire use cotton which results in high temperature almost without any smoke.



Pilof

Ingredients:

6 tsp cooking oil

200 gms lamb or beef; sliced into bigger portion

tion



1 large onion; sliced thinly
1 large shredded carrot
2 cups rice; washed and drained
1 tsp tomato paste
3 cups hot water
Salt and pepper

Preparation: Heat oil over medium flame. Add meat, carrots, onion and salt. Cook until the meat has browned,



about 20 minutes. Stir occasionally to prevent sticking. Add water and tomato paste, cover and gently simmer for 10–15 minutes. Re-

duce heat to medium low, add rice and cook covered until rice is done in about 25–30 minutes.

Manty

Ingredients:

500 g of lamb
150 g of fatty fat
300 g of pumpkin
3 onions cut into cubes
salt, pepper and chopped finely



Preparation: Thinly roll out the dough, cut out a

glass of mug, put in the middle of each stuffing and connect the edges of the pancakes on top. Cook in the mantovarka (special pot for steaming) for 40 minutes.

Ashl am-fu

Ingredients:

500 grams of lamb

150 grams of fatty fat

300 g of pumpkin

3 onions cut into cubes



Preparation: Mix, salt, pepper, add chopped finely coriander. Thinly roll out the dough, cut it out in round pieces. Put stuffing in the middle of each piece and connect the edges of the pancakes. Cook in the mantovarka for 40 minutes.



► Palestine

Makloubeh

Our traditional delicious main course for all time. It is seasoned rice with especial spices layered with fried vegetable like eggplant and cauliflower and lamb or chicken, incredible tasty you can do it the best way by trying my delicious recipe:

Ingredients:

1 kg lamb or chicken cut into 4 pieces

1 onion

1 big eggplant

Half of cauliflower

1 carrot

1 potato

1 cup of Egyptian rice

One and half cup of basmati rise

Oil

Baharat “spices” (black pepper, cardamom, nutmeg, cinnamon, curcuma)

Preparation: Deep fry the vegetables cut into

large pieces until golden brown and set aside on kitchen papers. Boil chicken or lamb with onion, spices and bay leaf. Remove the chicken or lamb from its broth, put it in a big pot, cover it with fried vegetables and the broth and let it boil together for 20 minutes. Wash the rice and season it with the spices mentioned above and add it to the pot of



chicken and vegetables. Bring it to a boil, then cover it and reduce heat to a simmer and cook for about 20–25 minutes until the water is absorbed and the rice is done. Remove from the heat and let it sit for 15 minutes. Invert the pan onto a serving dish, then let sit another 10 minutes to hold its shape. Gently remove the pan and garnish with the browned pine nuts and almonds.

Yafawi Safiha (meat filled pastry)

Ingredients:

For the dough:

1 kg flour

1 egg

1 tsp salt

1 tsp sugar



1/3 cup corn oil

Water as needed

For the filling:

1 kg minced lamp meat

1/2 kg chopped onion

3 tbsp Corn oil

Salt / black pepper to taste

Almonds (optional)



Preparation: Mix flour, salt and egg and oil in a mixer bowl and gradually add water until dough gets separated from the sides of the bowl. Keep kneading until you get a consistent dough. Set it aside for 2 hours then cut the dough into medium sized balls and set them aside for 15 minutes.

In a skillet sauté the onions with the oil and salt and pepper until golden, add the meat and stir until it finely cooked. You can now add almonds.

Roll one ball each of the dough into a circle with oiled fingers and cut it into two halves. Spread the stuffing on it roll it shaped like a pinwheel. Place them in oiled baking pan and bake them until golden brown in a preheated oven 200 degree.

Aqras Al-Sabanekh (Spinach pastry)

Ingredients:

1 kg flour

1 tbsp. dry yeast
2 tbsp. sugar
1 tsp. salt
3 tbsp. powdered milk
1 egg
1 kg fresh spinach
2 medium sized onions finely shopped
2 tbsp. sumac
1/4 cup olive oil
juice of one lemon
salt and black pepper and cumin

Preparation: For the dough: Add sugar, salt, yeast and milk into the flour and mix. Make a hole in the flour mix and add egg, oil and water as needed to make a smooth dough. Cover the dough in a wet towel and let it rise in a warm place it doubles in size in about one hour. Make dough into small balls with oiled hands and let them also rise for more 10 minutes.

For the filling: Chop the spinach and scrub it with little salt it reduces in size and releases water. Wash it in water and squeeze out the





water. Add finely chopped onions, salt, pepper, cumin, sumac to the spinach and continue seasoning the spinach by adding the last ingredients like the oil and the lemon.

Roll out the balls of dough into circle, add one tbsp. of the filling in the center of the circle and close it like triangle. Bake them in a preheated oven at 250 degree until they are golden.

Molokheya soup with chicken

Ingredients:

For the chicken soup

1 whole chicken

1 1/2 Liter water

Salt and pepper

1 onion cut in half

2 gloves of garlic

4 cardamoms

1 cinnamon stick

2 bay leafs

1tsp Arabic 7 spice



For the molokheya soup;

500 g molokheya (a leafy vegetable)

1/2 cup vegetable oil

4 garlic gloves

1/2 cup coriander chopped

Juice of half lemon

For the chicken paste:

1 tsp. cumin powder

2 tsp. paprika

1 tsp. salt and pepper

1/2 tsp. cinnamon powder

1/2 tsp. cardamom powder

1 tsp. 7spice.

1/4 cup lemon juice.

1/4 cup melted butter.

Mix everything together to make a paste.

Preparation: Cut the chicken and place the pieces in a pot with all the spices. Remove the fat scum and reduce the heat and cook for 1 hour. Remove chicken from the soup and place it in baking pan with the spices paste to brown the pieces. Heat the oil in the pan and sauté the molokheya for few minutes. Strain the broth and add it to the molokheya and cook it for 30 min. Heat some oil in a skillet and add chopped coriander and garlic and stir until the garlic is golden. Add the coriander garlic mix to the molokheya and let it boil for 5 min. Turn off the heat add the lemon juice. Enjoy it with white rice and the chicken.

Palestinian cheese balls (Fatayer bel Jebneh)

Ingredients:

5 cups all-purpose flour

2 tbsp yeast



1 1/2 warm water

1/4 cup powder milk

1/2 cup olive oil

2 tbsp. sugar

1tbsp salt

2 cups grated Palestinian Nablusi cheese (can be replaced with mozzarella)

1 cup white cheese.

1/2 cup chopped parsley

Egg wash (beaten egg)

Sesame and poppy seeds for garnish

Preparation: Mix the yeast, sugar, 2 cups of the flour and the water in big bowl and mix together, cover it until the yeast foams and bubbles after 10 minutes. Add rest of



the dough ingredients to the bowl and knead the dough for 15 minutes until it forms a soft ball that doesn't stick to the hands and then let it rest for 10 minutes. Separately, mix the cheese and parsley. Cut the dough into small balls, open them and fill them with the cheese mix and close. Brush the balls with egg wash to give them

golden color and garnish with sesame and poppy seeds. Bake in the middle rack until the bottoms are golden brown. Then turn the oven to broil until tops are golden brown.

Okra stew

Ingredients:

500 g frozen okra
6 tbsp. olive oil
Salt and pepper to taste
1 large onion chopped
Red chili flakes (optional)
1 bay leaf
4 garlic gloves
1/2 tsp. Arabic 7 spices
2 tbsp. tomato sauce
3 chopped tomatoes
2 cups boiling chicken stock
Chopped cilantro



Preparation: Pan fry the okra with 3 tbsp of olive oil in a skillet. Add salt and peppers and stir occasionally. Remove from the heat when it becomes golden and set it aside. In the same skillet sauté the onion, chili, bay leaves with the remain olive oil over medium heat until the onion is soft and transparent. Add all the spices, tomato paste, chopped tomato and garlic, and stir for few minutes. Add



okra and the chicken stock. Adjust the spices to your taste and then cover and let it simmer over low heat for 20 minutes. Add chopped cilantro and let it boil for 2 minutes.

Semolina cake

Ingredients:

2 cups semolina

1 cup dry coconut

1 stick melted butter

1 tsp. baking soda

1 cup yogurt or fresh cream

2 Tbsp. tahini sauce

For the syrup:

2 cups sugar

1 cup water

1 tsp. lemon juice

Preparation: Preheat the oven at 180° C. Brush a round pan with the tahini sauce. In a large bowl mix all the semolina ingredients until it becomes a thick batter. Place



the batter in the pan and bake it for 30 minutes or until bronze brown at the edges. Remove the pan and cut the cake into diamond design and put it back in the oven under the grill only and remove when it is golden brown at the

top. Pour the cold syrup on top while it's hot so it can absorb all through.

For the syrup:

While the cake is baking mix all the ingredients for the syrup and place in sauce pan on high until it boils. Reduce the heat and boil it for 10 min or until the syrup coats the back of the spoon.

Palestinian milk pudding (muhallabyah)

Ingredients:

5 cups milk

2 Tbsp flour

5 Tbsp corn starch

379 gm condensed milk

200 gm fresh cream

1 Tbsp blossom water garnish.

Pistachio, almonds and dried flowers for garnish

Preparation: In a medium pan, mix milk, flour, corn starch and condensed milk. Stir constantly over heat until mixture boils and thickens. Pour fresh cream and blossom water and





stir for 1 more minute. Pour into small glass bowls. Place in the fridge to chill. Garnish with chopped pistachio, almond and dried flowers.

Tamryieh

Ingredients:

For the dough

2 1/4 cup flour

Pinch of salt

3/4 cup water

Oil to cover the dough and later for frying

For the filling

1 1/2 cup semolina.

1 cup sugar.

6 cup water.

1 Tbsp orange blossom water

For garnishing: Confectioners' sugar and crushed pistachios.

Preparation: Mix flour and salt in a mixer bowl and gradually add water until the dough gets separated from the sides of the bowl. Keep kneading until it turns into a nice dough. Divide the dough into 6 equal parts and place the pieces in a deep bowl. Add enough oil to cover and let it rest for at least 4 hours, the more the better. Meanwhile make the filling by mixing all the ingredients on a medium heat until the mixture thickens. Pour into a pan and refrigerate.

erate until ready to use.

When the dough is ready, roll the balls thin and cut each of them into 4 equal parts. Take the filling out of the fridge and divide it into 24 parts. Place each part on the cutouts of dough and fold the dough to form a square.

Heat oil and fry until all sides are golden brown. Sprinkle powdered sugar on top and serve immediately.



Russia

What comes to mind when you hear the words “Russian cuisine”? Borscht? Okroshka, a salad drowned in fizzy kvass? Russia is a multi-ethnic country, and there are a lot of cuisines here, and there are even more delicacies. We offer an outside look at all this variety. We guarantee, you will find a lot of thing that will be surprising.

Pelmeni

According to philologists, the word “pel’meni” came to us from somewhere in the Urals, and not only many nations of our country, but also the Chinese and Mongols have been unsuccessfully fighting for the title of the founders of the tradition of wrapping a small piece of meat in dough for a long time. And while the others argued, the Russians noticed that pelmeni are perfect to be kept in freezing cold, which is there in plenty, and they have been eating this nutritious delicacy for many centuries.

Ingredients:

Dough:

4–5 cups of all purpose flour

1.5 cups of warm water

1 egg

1 teaspoon of salt

1 tablespoon of butter

Stuffing:

1.5–2lb of ground beef

0.5–0.75lb of ground pork;

2 onions;

Salt and ground black pepper to taste;

Preparation: The dough should be very stiff, so that it is easier to roll it out thin. Stiff dough does not require much flouring during rolling out. It also means that no water during boiling will get in and ruin the filling and the flavorful juices will stay inside to enjoy. In a large mixing bowl, mix flour and salt and make a deep well in the center. Pour eggs and water in the well and slowly but thoroughly mix the ingredients with hand or a large spoon until the mixture can be gathered into a compact ball. Transfer the dough to a lightly floured surface and knead it by folding it end to end several times with





the heel of your hand. Sprinkle the dough with extra flour when necessary to prevent it from sticking to the board. Knead for about 10 minutes, or until the dough is smooth and elastic. Then shape it into a ball, cover with paper or towel and let it rest at room temperature for at least 0.5–1 hour.

Meanwhile, prepare the meat filling by mixing beef, pork, onions, salt and pepper.

Roll the dough out about 2 mm thick and cut it into 3–3.5" circles. Fill each circle with about 16 g of meat filling. Fold the circle in half and crimp well. Bring the ends together and crimp. Set aside. It's best to refrigerate or freeze finished pelmeni before you are ready to boil them.

Bring water to rolling boil in a large pot over high heat. Drop pelmeni into boiling water. Wait till it starts to boil again, turn the heat to medium, and cook for 8 minutes or a little longer for softer dough. The total time from dropping into water to removing is about 16 minutes. Remove from the water, drain and gently toss with a little bit of butter to prevent sticking. The pelmeni may be served in either as individual portions with melted butter or sour cream, or as a garnish for a clear soup such as beef or chicken broth.

Beshbarmak

The nomadic Turkic people used to eat food with hand. Therefore, the ideal dish for them was beshbarmak

which you can eat with your hands. That's when, the crumbly boiled meat with noodles, came into play. The rest of the subtleties were invented individually: Bashkirs prefer meat on bones, Tatars — horse meat, Kazakhs also add camel.

Ingredients:

Dough:

2 eggs

200 ml of water

600 grams of plain flour

0.5 tsp of salt.

Stuffing:

1.5 kg of lamb/beef with bone

0.5 tsp of salt

2 medium sized onions peeled and sliced in rings

ground pepper

Preparation: Put the meat in a deep dish, cover it with water, and bring to the boil constantly removing the foam, otherwise the stock will not be clear. Reduce heat when it starts to boil. Leave it covered to sim-





mer. Skim the fat from top and keep it in a cup as you'll be using it later to make the sauce. Meat should take about 2–2.5 hours to be ready.

Meanwhile, prepare your dough in a bowl by mixing the sifted flour (300–400 g), lightly whipped eggs, salt and water. Knead pastry, adding flour as needed. Knead the dough well, wrap in cling film and leave for 20–30 minutes. Sprinkle the work top with sifted flour and divide the pastry on it into manageable sized (size of a medium apple) balls, keep the rest wrapped so that it's not exposed to drafts. Keeping the worktop lightly covered with flour roll each piece of pastry into a fairly thin layer about 2mm. Keep sprinkling with flour so that it doesn't stick to your hands or work surface. A good pastry should require a little bit of effort to roll out. Cut into squares (10x10cm). Leave them on a worktop lightly covered with flour. By the time you are ready to cook the pastry it should be a bit dry.

Thirty minutes before the meat is ready, add half an onion (cut in a ring shape), pepper and salt into your stock. When the meat is ready, take it out of the stock and set aside to dry a bit. Make a sauce. Pour the fatty stock you gathered in the cup over the rest of the onions, pepper and salt in a separate dish. And boil it on a low heat for about 7–8 minutes.

Cook the pastry in batches in the same stock for about 7–8 minutes. Sieve them out on to the big plate leaving the space in the center for meat. Then add your meat chopped

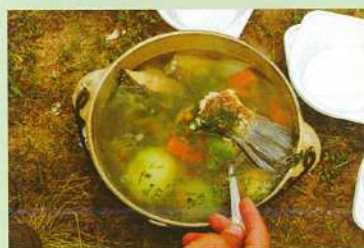
in sizes that you prefer and put it in the center of the dish. Pour the sauce over the meat and sprinkle some greens.

Caviar

A can of red caviar is something that we often bring our friends as a souvenir from Russia, of course, in hopes that they will share. Black caviar is harder to come across in Russia: the expensive delicacy has long been a sign of wealth. And in the Far East they prefer caviar of sea urchin. They say, it provides eternal youth and beauty.

Stroganina

Sure, permafrost hinders to build houses and deliver food, but it works as a good refrigerator. You catch some fish, take it outside, and the dish is ready in five minutes. If there's no fish around, deer meat will do. Then you have to cut it into thin slices, season it with salt and





pepper, and you can eat the favorite food of the northern people of Russia.

Ingredients:

1 1/2 to 2 pounds frozen skinless fillet of salmon, halibut or sea bass, pin bones removed

Salt and freshly ground black pepper to taste

Red wine vinegar (optional)

Herb-flavored oil (optional)

Preparation: Twenty to 30 minutes before serving, transfer the fillet from the freezer to the refrigerator. Place a heavy ceramic serving plate in the freezer. When ready to serve, cut the fillet into several long slices, about 1/4 inch in thickness, with a meat-slicing machine or a sharp chef's knife, preferably against the grain. Place slices on the chilled plate. Left out bits of fish can be used for other dishes such as soup. Arrange the frozen slices on the chilled plate and serve immediately, seasoning lightly with salt and pepper. Serve with the vinegar or herb-flavored oil for dipping, if desired.

Porridge

Traditional breakfast in many countries, porridge in Russia is another basic for almost any national cuisine. It accompanied people throughout their lives: not a single rite, from baptism to burial, went without porridge in the past. It was eaten before the wedding for luck. Porridge was

always immensely respected.

Ingredients:

1 cup pearl barley

4 cups water

1/2 gallon milk

Salt to taste

Butter or cream to taste

Preparation: Remove any dirt from barley and wash it a few times. Add 4 cups of cold water to the barley and let it soak overnight for 10–12 hours. Place the pot containing soaked barley in a larger pot with water and bring the water to boil, and reduce the heat.

Remove water from the soaked barley; add milk to it and bring it to boil stirring frequently and thoroughly trying to minimize any sticking to the bottom and sides of the pot. Simmer for around two minutes while constantly stirring. Cover the pot and place it in larger pot with hot water. Adjust the heat so that the water in the outer pot barely boils. Cook while covered for 6 hours without stirring, while replenishing water in the outer pot as needed.

Remove porridge from the





water bath when it acquires cream or light–caramel color, and let it stand covered for about 10 minutes. Transfer the porridge to a clean container without scraping the bottom or sides of the original pot. Add salt to taste. Add butter or heavy cream to taste before serving.

Komanmelna

Everyone knows that pancakes are a national Russian dish, but the Mari decided not to waste time on trifles and cubed them. Komanmelna is a three–layer pancake made from different types of flour. The first layer is made of rye or wheat, the second is from oatmeal on milk, and the third is from oatmeal soaked in sour cream. All this is prepared in a complicated and phased manner.

Ingredients:

For the 1st layer:

flour 90 g

1 egg

salt to taste

For the 2nd layer:

oat flour or semolina 15 g

milk or yogurt 50 g

sour cream 30 g

For the 3rd layer:

semolina 45 g

sour cream 75 g

Preparation:

Unleavened dough is rolled into a thin pellet of thickness 1.5–2 mm and the size of the pan. Pellet is slightly toasted in the oven, and then smeared with a thick mixture of oatmeal, milk (yogurt or kefir) and sour cream. Pancakes are again roasted and smeared by the third layer, which consists of oat soaked in sour cream for 8–10 hours. After that, the pancakes are baked, smeared with butter and served hot.

**Borscht**

No Russian cuisine can go without borscht. Appearing somewhere in the vastness of Kievan Rus, this soup got its name from the lop-eared cow worm (borschevik in Russian). Then they added beet kvass, bringing it to the usual crimson color. It was glorified all over Russia after that. It was the favorite dish of Catherine II, Alexander II and Anna Pavlova.

Ingredients:

- 2 large or 3 medium beets, thoroughly washed*
- 2 large or 3 medium potatoes*
- 4 tbsp cooking oil*
- 1 medium onion, finely diced*



2 carrots , grated
1/2 head of cabbage , thinly sliced
1 can kidney beans with their juice
2 bay leaves
10 cups water
6 cups chicken broth
5 tbsp ketchup
4 tbsp lemon juice
1/4 tbsp of freshly ground pepper
1 tbsp of chopped dill

Preparation: Fill a large soup pot with 10 cups of water and the beets. Cover and boil for about 1 hour till beets are tender. Remove from the water and set aside to cool. Keep the water. Slice potatoes and boil them in the same water for 15–20 minutes. Half way through add thinly shred cabbage. Grate the carrots and dice the onion. Add 4 table spoons of cooking oil to the skillet and sauté vegetables for 7–10 minutes until they are soft. Stir in ketchup when they are almost done. Next, peel and slice the beets



into match sticks and add them back to the pot. Add chicken broth, lemon juice, pepper, bay leaves and can of kidney beans (with their

juice) to the pot. Add sautéed carrots and onion to the pot along with chopped dill. Cook for another 5–10 minutes, until the cabbage is done. Season with salt and pepper and serve with sour cream.

Okroshka

Russia without soup isn't Russia, but having a hot soup on a hot day isn't exactly pleasurable. We had to improvise: gather vegetables from the garden, take some pickled goods, add meat, spicy herbs, cut it all in small pieces, add an unsweetened kvass that just finished fermenting — that's the summer soup for you. As usual, there are a lot of options: replace meat with fish, you'll get a botvinik; add some beets, and there's your cold borscht.

Ingredients:

2 potatoes;

half medium size cucumber

0.5lb of bologna

4 eggs

1 small bunch of radish

15 oz of canned sweet peas

1 bunch of fresh dill

1 small bunch of green onions

5 tbsp of sour cream

2 table spoons of dijon mustard

1.5–2 quarts of kvass (russian bread drink), you may replace it with kefir diluted with cold boiled water or min-



eral water

*Salt and ground
black pepper to taste*

Preparation:

Boil potatoes for salad in advance, prepare hard boiled eggs, drain liquid from peas. Skin potatoes, dice them and put in a big cooking pot. Dice bologna (you can replace bologna with boiled vial or beef/ham). Add diced meat to the pot. Add drained sweet peas to the pot. Dice cucumber and add it to the cooking pot. If cucumber is ripe, you can remove seeds and skin it. Dice hard boiled eggs. Remove tails of radish, slice them after rinsing in water and add them to the cooking pot. Add chopped fresh dill and green onion. Add salt and black pepper, 2 table spoons of mustard (Dijon as variant), and about 5 table spoons of sour cream or mayonnaise at this step. Add about 4 cups of bread kvass (filter it if is needed) and let Okroshka to settle before serving. Add more kvass to Okroshka right before serving (you may vary amount of kvass to your taste). Serve Okroshka cooled.

Chak-chak

If there's already enough bread, but you still have some wheat flour left, you can combine it with another

important Russian product — honey, and you will get chak–chak. Just be careful with the definition of its nationality, or you might incur the wrath of either the Bashkirs or Tatars: both nations are equally keen on the chak–chak and consider it their traditional dish.

Ingredients:*Dough:**500 g of flour**4 large eggs**50 ml of milk**10 g of sugar**1 tsp of small salt.**Caramel:**100 g of sugar**300 ml of liquid honey**vegetable oil.*

Preparation: Break eggs into a bowl, pour cold milk and stir with a whisk. Pour flour in a separate bowl, forming a deepening in the middle and gently pour the mixture of eggs and milk. Add fine salt, sugar and knead elastic dough. Wrap it in foil and keep in the refrigerator for 25–30 minutes. Roll out the dough on the table in a layer and cut into strips with a width of about 2 inches, and then cubes. Pour strips in hot vegetable oil and carefully fry them, stirring constantly, until they turn golden brown in colour. After that put the contents on a paper towel.



To prepare the syrup for Chak–Chak, dissolve honey and sugar in a saucepan over low heat until thick homogeneous mass. Shift the mass in a bowl, pour caramel and immediately stir. Form a pyramid from the resulting mass on a plate and serve the cake Chak–Chak with honey to the table.

Pastila

This Russian sweet was first mentioned in the middle of the 16th century, and appeared, according to legend, two hundred years earlier in Kolomna. Not everything is clear with the name: some argue that it goes back to the Latin *pastilus*, (cake), others say that it came from the Russian word “stelit”, which means “lay” or “spread”.

Ingredients:

250 g apple puree

240 g sugar

10 g vanilla sugar

10 g egg white

icing sugar for coating

4 g agar–agar

160 g sugar

60 ml water

Preparation:

Peel, core and dice Granny Smith apples, place diced apples in glass container and cook in microwave on high for 12 minutes. Puree cooked apples and

transfer the puree to a mixer bowl; add sugar and vanilla sugar. Mix the contents and let sugar dissolve and allow the mixture



to cool to room temperature. Line baking tray (30cm x 20cm at least 2cm deep) with baking paper. Weigh precise amount of egg white and agar-agar and measure the water. When apple puree and sugar mix is room temperature, place the mixture in a mixer bowl and add egg white. Start beating egg white, sugar and apple puree mixture on high (it will take 8–10min). While the mixer is going, slowly heat water with agar-agar stirring with small whisk or spoon and add sugar, after agar-agar is dissolved. Stir the sugar in, the syrup is ready when it just starts boiling. Make sure that the syrup is runny and no agar-agar left on the sides of the saucepan. Use wet pastry brush to return it (if any) to the syrup. carefully and slowly pour the syrup into the bowl of the still going mixer, make sure nothing of the syrup is left in the saucepan; the syrup thickens quite fast, so you have to be organized. Let mixer run for another 3–4 min. Pour cooked pastila into prepared tray and level the surface using palette knife (3 cm deep tray). Let the mixture set for 2–3 hours. Apply generously icing sugar on



the top of set pastila and brush off the excess. Turn over pastila on the surface lined with baking paper; peel carefully baking paper from the top. Gently apply icing sugar on pastila surface and sides and brush off the excess icing. Allow to rest for 1 hour. Cut it into pieces with rolling pizza cutter into whatever size you need. Carefully apply icing sugar on the newly exposed surfaces. Allow it to dry of for 7–8 hours, preferably overnight, avoid humid environment.

In an essence the whole process is - make apple puree, beat it with egg white and sugar, cook the syrup, mix, pour, let set, cut, dry and enjoy.

▶ Republic of Korea

Bibimbap

Bibimbap is easy in cooking and is, therefore, a favorite food among Koreans and foreigners as well.

A bowl of steamed rice is topped with various vegetables and meat, and then mixed with gochujang (Korean chili paste). You can add or remove the toppings according to your preference.

Ingredients:

150g rice

30g beef (top round or sirloin)

(beef can be substituted by chicken, pork, squid, shrimp, etc.)

(Beef seasoning: 1 tsp soy sauce, 1/2 tsp sugar, 1/2 tsp sesame oil)

*20g bean sprout (sub.: mung bean sprout),
20g shiitake mushroom (sub.: any mushroom), 20g
carrot, 20g zucchini, 20g radish, 1 egg (raw or
sunny-side-up)*

Sauce:

30g ground beef



1 tsp soy sauce
1/2 tsp sesame oil
1/2 tsp cooking wine
5 tbsp water
1 tbsp Korean chili paste
1 tbsp corn syrup
2 tsp pear juice
1 tsp crushed garlic



Preparation: Boil rice. Season beef in the form of thin strips or ground beef and cook quickly over high heat. Lightly boil bean sprout, then rinse in cold water and drain. Julienne mushroom, carrot, zucchini and radish and stir-fry separately. Mix all ingredients with chili paste sauce and simmer on medium heat. Keep stirring so that it doesn't burn. Make a sunnyside-up egg. In a deep bowl put rice and neatly arrange seasoned beef, bean sprout and julienned vegetables. Put egg in the center and serve with chili paste sauce.

Samgyetang

Made by simmering chicken with ginseng, samgyetang is a Korean traditional health food often consumed during sultry summer to invigorate the body

Ingredients:

500g whole young chicken
50g glutinous rice

- 1 root of fresh wet ginseng (not too big)*
- 2 cloves of garlic*
- 2 jujubes, 1 chestnut*
- 1 tbsp glutinous rice flour (optional)*
- 10g green onion*
- pinch of salt and pepper*
- 2 to 3 ginkgo nuts(optional)*
- Stock:*
 - 2 liters of water*
 - 1 root milk vetch root*
 - 3 whole bulbs of garlic*
 - 20g of fresh ginger*
 - 50g radish*
 - 30g green onion root (optional)*

Preparation: Soak glutinous rice in water for over 3 hours. Wash and clean fresh wet ginseng with soft brush or sponge, and cut off the head part. It is best not to eat the head of the ginseng, because the toxicity and internal heat properties are concentrated in this part of ginseng. Wash and clean garlic, jujubes, and peeled chestnut. Fine chop green onion.

Wash and clean the stock ingredients. Put them in a pot of boiling water and cook on medium heat for about 30 min-





utes.

Remove internal organs and excess fat from young chicken. Cut off chicken tail and wing tips and wash it. Stuff the chicken cavity with jujubes, glutinous rice, garlic, and peeled chestnuts in the order listed. Criss-cross the legs of chicken to keep the stuffing in. You can also bind the chicken legs with cooking thread.

Put the chicken and the stock ingredients in a pot until the chicken is fully immersed. Boil with lid off on high heat for about 30 minutes. If stock decreases, pour more water to immerse chicken again. Reduce the heat down to medium and simmer for another 30 minutes. Dissolve glutinous rice flour, close the lid, and boil on low heat for around 10 minutes. Turn off the heat and serve with chopped green onion, salt, and black pepper. (Glutinous rice flour is used to make the soup milky white and thick. You may skip this ingredient if you prefer clear soup.)

Bulgogi

This is one of the most popular Korean dishes. In the olden days, thinly cut beef was marinated then grilled on a gridiron, but today's Bulgogi is usually cooked in a pan.

Ingredients:

150g beef (sirloin or tenderloin)

50g carrot

2 shiitake or any other mushrooms

1/4 (50g) onion

40g leek

Marinade (5 tablespoons water, 2 tablespoons soy sauce, 2 tablespoons pineapple juice, 1 tablespoon sesame oil, 1 teaspoon sugar, 1 tea-

spoon crushed garlic, 1 teaspoon sesame seed, 1/4 teaspoon black pepper)



Preparation: Slice beef in thin strips of about 0.3cm x 7cm in size and use a paper towel to remove excess red juice. Make marinade in the order water, sesame seeds, black pepper, sugar, pineapple juice, sesame oil, soy sauce and crushed garlic. Slice carrots, onion and mushrooms. Carrots take longer to cook, so slice thinner than other ingredients. Slice leek diagonally. Mix all the ingredients and marinate for 10 minutes. In a pan, cook the mixture on high heat for 5 minutes. Sprinkle sesame seeds before serving.

Baechu kimchi

Made by soaking cabbage in salt water then coating with a radish filling, baechu kimchi, or simply kimchi, is the most common of all kimchi. Before winter arrives, families get together to make large quantities of kimchi to



last through the cold winter. This annual traditional called “gimjang” was designated a UNESCO World Heritage in December 2013.

Ingredients:

1 (approx. 2.5kg) napa cabbage

2 cups kosher salt (sub.: sea salt)

2 liter water

200g radish

50g green onions

Filling: 1 cup Korean chili powder, 100ml salted anchovy or fish sauce, 3 tbsp salted shrimp or fish sauce, 4 tbsp sugar, 100ml kelp stock, 2 tbsp crushed garlic, 1 tsp ginger juice (It is strongly recommended that Korean sauces are used).

Preparation:

Make brine from salt and water in a bowl, large enough to accommodate half a cabbage, and set it aside. Peel off outer leaves of cabbage, cut in half and immerse in brine. Remove cabbage from brine and



sprinkle 1 cup of kosher salt between leaves. Place cut-side of cabbage facing up and let sit for 7 hours (12 hours in winter), then turn cut-side down and let it stand for another 5 hours.

Rinse cabbage thoroughly in cold water and leave in the colander for about 1 hour to drain excess water. The cabbage needs to be pressed with a heavy plate or board for it to marinate properly.

Make the filling: Cut radish into 0.3cm matchsticks, and chives 3cm long. Mix them together and set aside for about 30 minutes.

Coat each leaf of cabbage with filling and wrap it with outermost leaves to keep the filling inside. Pack kimchi into an air-tight jar and refrigerate for 5 to 7 days before serving.

Japchae

Various vegetables and meat are stir-fried then mixed with glass noodles. Japchae is commonly served on birthday or holiday dinners.

Ingredients:

80g glass noodles

30g beef or pork, chicken, shrimp, squid, etc.

beef seasoning of 1 tsp soy sauce, 1/2 tsp sugar

1 teaspoon sesame oil

1/8 teaspoon black pepper

1 shiitake mushroom any other mushroom

30g zucchini

20g carrot

Condiments: 2 tablespoon soy sauce, 1 teaspoon brown sugar, 2 tablespoon vegetable oil, 1/8 teaspoon



*black pepper,
150ml water, 1 tea-
spoon sesame oil, 1
teaspoon sesame
seed*

Preparation:

Boil noodles on high heat for 5 minutes. Rinse in cold water and drain. Set aside. Pre-season beef (thin strips or ground beef) and cook quickly over high heat. Julienne mushroom, zucchini and carrot, and cook each ingredient separately in oiled pan. Make seasoning sauce.

In a pan, bring seasoning sauce to a boil and add noodles. Simmer until noodles absorb all the sauce, then remove from heat. Add beef, vegetables, sesame oil and sesame seeds to 5 and mix.

Doenjang Jjigae

Doenjang Jjigae is an extremely common Korean soup that you will find at many restaurants. Not only the vegetables, but also the doenjang, (soybean paste) makes this stew very nutritious and great in taste.

Koreans often cook Doenjang Jjigae at home more than twice a week.

Ingredients:

60g clams

50g zucchini

40g oyster mushroom (sub.: any other mushroom)

1 green pepper

50g potato, 100g tofu

Seasoning 600ml kelp stock, 2 tablespoon soybean paste, 1 teaspoon crushed garlic, 2 teaspoon Korean chili powder

Preparation: Thoroughly clean clams and soak in salt water for about 20 minutes. Rinse in cold water and drain. Cut zucchini to 2cm cubes and separate mushrooms. Slice green pepper diagonally. Peel and cut potato into 2cm cubes then rinse in cold water a few times. Cut tofu in 2cm cubes. Put all seasoning ingredients in a pot and boil. Then add clams and vegetables and cook for about 10 minutes or until all ingredients are cooked. Reduce to medium heat, add tofu and cook for 5 more minutes.





► Turkey

Mercimek Çorbası (Red Lentil Soup)

Ingredients:

1/2 cup Red lentils, washed and drained

1 Yellow onion, medium size, roughly chopped

2 tsp. Salt

10 cups Beef stock (or vegetable stock)

For the roux: 2 tbsp. Butter, 2 tbsp. Flour

For For service: 1 tbsp. Butter, 1 tsp. Red pepper flakes, 1 Lemon, cut into 4 wedges

Preparation: Mix lentils, onions and beef stock in a large pot. Add salt and start cooking over medium heat until the lentils and onions melt



in about 35–40 minutes. Pass the soup through a sieve or use a hand blender to make a smooth soup. To prepare the roux, melt butter in a small pan and add flour and cook for about 10 minutes until the flour smell is gone. Add this roux to the soup and mix well. In a separate pan melt butter and add red pepper flakes and remove from heat immediately so as to not burn the peppers. Serve this butter sauce over the lentil soup along with lemon wedges.

Fava (Fava Bean Paste)

Ingredients:

*2 cups Dry fava beans, soaked in hot water
for 30 minutes*

1 Yellow onion, chopped finely

3 tbsp. Olive oil

2 cloves of Garlic, minced

1 Carrot, medium size, peeled, chopped roughly

1 Potato, medium size, peeled, chopped roughly

2 tsp. Salt

1 tsp. Sugar

1 Lemon, juiced

1 bunch Dill, just leaves, chopped

Preparation: Sauté onions in olive oil until softened.

Add carrots, potatoes, garlic and fava beans. Then add 3–4 cups of water (just enough to cover), cook over medium heat until all the vegetables have completely cooked, al-



most melted. Add the salt, sugar and lemon juice. Pass through a sieve or blend to make a smooth paste. Take off the heat and add the dill and mix. While it is hot, pour this mixture over a glass or clay tray with high edges. Smooth the top part with the back of the spoon. The paste will harden in about an hour. Cut into squares for service.

Haydari

Ingredients:

2 cups yoghurt

2 tbsp. full-fat white cheese

2 cloves garlic

1 handful minced dill

1 handful minced fresh mint leaves

Olive oil

Salt

Preparation: Mash the cheese using a fork and stir into the yoghurt. Add the grated/crushed garlic, dill, mint and salt and stir really well. Put into a serving platter and pour



some olive oil over.

Hummus

Ingredients:

1 cup chickpeas

2 tbsp. tahini

Juice of 1/2 lemon

1/4 cup olive oil

1/4 cup lukewarm water

1 tsp. cumin

2 cloves of garlic

Salt to taste

2 tbsp. olive oil

3 tsp. sweet chilli pepper and red pepper flakes for topping

Preparation: Cook chickpeas in a pressure cooker until tender. Peel the cooked chickpeas. In a food processor, process the chickpeas, tahini, lemon juice, water, olive oil, cumin, garlic and salt until creamy. Transfer the mixture into a serving plate. Heat olive oil in a sauce pan



for topping. Add chilli pepper and cook for a few seconds, remove from the heat. Top the hummus with chilli pepper and olive oil



sauce. Sprinkle pepper flakes on top.

Zeytinyağlı Enginar (Artichokes Cooked in Olive Oil)

Ingredients:

8 Artichokes (globe) trimmed

1 Potato, medium size, cut into medium dice

2 Carrots, medium size, cut into medium dice

16 Pearl onions, peeled

1/2 cup Peas (fresh or frozen)

1 tsp. Sugar

2 tsp. Salt

1 cup Olive oil

1 cup water

1/2 bunch Dill, finely chopped

2 tbsp. Lemon juice

Preparation: Place the globe artichokes on the bottom of a large pot, stem side facing down. Divide the carrots, potatoes, pearl onions and peas evenly over the artichokes.



Add salt, sugar, water, lemon juice and olive oil, cover the lid. Cook over low heat for around 45–50 minutes until all the vegetables are tender, while ensuring that there is e-

nough water in the pot. Let the meal cool completely. Serve cold with chopped dill sprinkled on top.

Zeytinyağlı Yaprak Sarma **(Stuffed Grape Leaves Cooked in Olive Oil)**

Ingredients:

300 gr. Grape leaves, brined

For the stuffing

3-4 Yellow onions, finely chopped

1 cup White rice, washed and drained

1 cup Olive oil

2-3 tbsp. Pine nuts

2-3 tbsp. Currants, washed

2 tsp. Salt

2 tsp. Sugar

1 tbsp. Dried mint / 1/2 bunch Fresh Mint (finely chopped)

1 1/2 tsp. Allspice

1/2 tsp. Cinnamon

2 tsp. Black pepper

1/2 bunch Parsley, finely chopped

1/2 bunch Dill, finely chopped

2 cups Water, hot

To cook

1 bunch Parsley stems

1 bunch Dill stems

2 Lemons, sliced



4–5 Grape leaves

2 Yellow onions, sliced

2–3 cup Water

1/4 cup Olive oil

1–2 Lemon cut into wedges

Preparation: Soak grape leaves in lukewarm water for about 1 hour to get rid of brine. Strain and set aside. Wash and soak rice in hot water for 20 minutes and strain. To prepare the stuffing; heat olive oil and sauté onions and pine nuts until pink and onions have softened. Add rice, stir a few times and add currants, salt, sugar, dried mint (if using), cinnamon, allspice and black pepper. Continue cooking for a few minutes. Add hot water, and cover the lid. When all the water is gone, take the pot off the heat and add fresh mint (if using), parsley and dill; and mix slowly, without breaking the rice (At this stage the rice will only be cooked about half way). In a separate pan, layer the bottom of the pot with parsley and dill stems, onions, lemon slices. To prepare the stuffed grape leaves,



take a leaf and lay it on your work space so that the stem side is facing you and the side with veins is facing up. Place a tbsps. of the rice mix-

ture, fold the top on the stuffing then fold the sides and roll towards the pointy end while tucking the sides in. Then place on the prepared pot. Do the same with the rest of the leaves. Layer on top of each other inside the pot. Put water halfway up the stuffed grape leaves; pour the olive oil on top. Place a plate that is slightly smaller than your pot, upside down on the grape leaves and cover the lid (The plate will prevent the leaves from unrolling during the cooking process). Cook over medium heat for about 35–40 minutes until the color of the leaves has darkened and the rice mixture is completely cooked. Let cool completely. Serve with lemon slices.

Sigara Böreği (Fried Phyllo Scrolls)

Ingredients:

3 sheets Yufka dough

3/4 cup White cheese, crumbled

1/2 bunch Parsley, chopped

A small bowl filled with water

Oil for frying

Preparation: Mix the crumbled cheese and chopped parsley in a bowl. Place the sheets of yufka dough on top of each other on your work surface. Cut into quarters, and then cut each quarter diagonally in half, getting 24 triangular pieces of yufka dough. Place them on your counter so that the thicker side is facing you, and place a tbsp. full of



the cheese mixture and start rolling as you tuck both ends in to keep the stuffing inside. Then dip the end in water and finish rolling. Do



the same with the rest of the dough, then fry them in hot oil until they turn golden brown and transfer to a plate lined with paper towel. Serve hot.

Kıymalı Biber Dolması (Peppers Stuffed With Minced Meat)

Ingredients:

5 Peppers

200 gr. medium fat minced meat

1 medium size onion

1/2 cup rice

1 big tomato

1 tbsp. pepper paste (if not available tomato paste)

Dill (a few sprigs)

Parsley (a few sprigs)

Mint (dried or a few fresh leaves) (optional)

2 full tbsp. butter

Salt

Black pepper

For the sauce: Yoghurt and 1 clove garlic (optional)



Preparation: Wash peppers, cut the top and remove the seeds inside. For the filling: Chop the onion, dice the tomato, wash the parsley, dill

and mint and chop them. Wash the rice. Mix all ingredients and add salt and spices. Fill peppers with the mixture but leave some space. Cover the peppers with the tops cut before. Put peppers in a medium size pot, add butter, pepper paste and water. After water starts to boil, turn to low heat and cook for about 45 minutes. Serve warm with yoghurt.

Hünkar Beğendi (Sultan's Delight-Beef Stew with Pureed Eggplant)

Ingredients:

- 2 Yellow onions, finely minced*
- 1 tbsp. Tomato paste*
- 1 1/2 cup Beef stock, boiled (optional)*
- 4 Eggplants, large*
- 1 tbsp. Flour*
- 2 tbsp. Butter*
- 2 cups Milk*
- 1/2 cup Kaşar*

cheese, grated (can be replaced with





Provolone or cheddar)

2 tsp. Salt

Preparation: In order to prepare the beef stew, melt 1 tbsp of butter in a pan and start sautéing the lamb chucks until seared on all sides. Remove the lamb, add the onions and sauté until softened, then add the tomato paste and continue sautéing for another 5–6 minutes. Add back the lamb and cover the lid, cook over low flame until the meat is completely cooked, about 15–20 minutes. (If needed you may add hot water during the cooking process). To prepare the eggplant puree; stab the eggplant from various spots with a knife, cook over the grill or in the oven until completely softened. Remove the skin and the stem of the eggplant. Cut the eggplant into tiny pieces, then mash with the help of a fork or kitchen robot. In a pan melt the butter, add the flour and sauté until the flour becomes light brown add the eggplants and continue stirring the mixture. Meanwhile heat the milk. Add the milk into the eggplant slowly. Season with salt and remove from heat. At this point add the grated cheese and stir until the cheese is completely melted. Place a mound of the eggplant puree on a plate, make a well in the middle, put a ladleful of lamb stew and serve.

Etlı Kuru Fasulye (White Bean Stew with Lamb—This is a very popular “national” dish)

Ingredients:

2 cups White beans

250 gr. Lamb meat, from the leg, cut into medium dice (beef may be substituted)

2 tbsp. Butter

2 Onions, Finely chopped

3 Tomatoes, peeled, cut into medium dice

(or 2 tbsp. Tomato paste)

5 cups Beef stock or water

3 tsp. Salt

2 tsp. Red pepper flakes (optional)

1/2 tsp. Black pepper

Preparation: Soak the beans overnight. The next morning, boil the beans with a fresh batch of water for about 30 minutes until tender. Strain and set aside. Sauté onions in butter until softened, then add tomatoes (or tomato paste) continue sautéing. Add the lamb, cook until browned. Finally add the hot water and salt and cook for 10 minutes. Add boiled beans, close the lid and cook for about 40–50 minutes until meat is cooked and beans have softened. Serve sprinkled with red pep-





per flakes with rice pilaf and pickles on the side.

Pirinç Pilavı (Rice Pilaf)

Ingredients:

2 cups White rice

3 cups Beef or chicken stock , boiled

3 tbsp. Butter

2 tsp. Salt

Preparation:

Soak rice in warm water with 1/2 tsp. of salt for 30 minutes. Wash rice until water runs clear. In a pot, melt butter and start sautéing rice until it becomes translucent. Add the stock and salt. Cover the lid and cook



for about 20–25 minutes until dimples form on top of the rice. Place a paper towel between the pan and the lid and turn down the flame very low. Cook for another 5–6 minutes. Turn off the heat, and let it rest for

20 minutes before serving. Serve with meat, chicken or fish dishes.

Aşure (Noah 's Pudding)

Ingredients:

1 1/2 cups Wheat for aşure , hulled

1 1/2 cups Rice

7 1/2 lt. Water

3 cups Milk
3 cups Sugar
60 gr. White beans
60 gr. Dry fava beans, hulled
60 gr. Chickpeas
120 gr. Walnuts, shelled
120 gr. Dried apricots, chopped
170 gr. Sultanas (white raisins)
170 gr. Dried figs, chopped
30 gr. Peanuts
30 gr. Currants
120 gr. Almonds, blanched
1/3 cups Rose water



Extra walnuts, almonds, raisins and pomegranate kernels for garnish.

Preparation: Soak wheat and rice overnight in enough water to cover. Next day, boil walnuts and almonds and remove the skins, otherwise they will darken the aşure. Cook the beans, chickpeas and favas separately. Rinse soaked wheat and rice, add water, 3 cups of sugar and 3 cups milk, and bring to a boil. Cook, stirring, on medium heat till the wheat and rice have softened. Add the cooked beans, favas and chickpeas, followed by the raisins, currants, apricots, figs, peanuts, almonds, chopped walnuts and rose water. When it has thickened, pour into bowls, chill and garnish with almonds, walnuts, raisins and pomegranate kernels.



Ayva Tatlısı

(Quince Dessert—A popular dessert in winter)

Ingredients:

3 medium size Quince

2 cups Sugar

100 gr. Cream

Cinnamon (optional)



Preparation:

Wash the quinces and peel, divided in half and remove seeds. In the center of each quince pour sugar and place them in a pan. Cover them with water. Cook on low heat for an hour. After cooling serve with cream and cinnamon.

Elma Kompostosu (Apple Compot)

Ingredients:

4 apples (wash, peel, remove seeds, cut into cubes)

6 tbsp. sugar

3 cups water

2–3 cloves (optional)

1/2 tsp. cinnamon (optional)



Preparation:

Boil all ingredients in a pot until apples are soft. Remove cloves (if any). Serve cold together with rice and meat dishes. The apples may be replaced by other fruits or combined with apples.

Şekerpare (Flour Dessert)

Ingredients:

2 cups flour

1/2 cup powder sugar

1/3 cup semolina

200 gr. melted and cooled butter

2 egg yolks (room temperature)

1 tsp baking powder

20–25 Almonds (blanched)

Oil for the tray

For the syrup: 2 cups water, 1 1/2 cups sugar

2 tbsp lemon juice



Preparation:

Boil water and sugar for 5 minutes, before putting the syrup aside add the lemon juice and stir gently. Allow to cool. Mix with your hands butter with sugar and eggs, slowly add the semolina and flour. Continue to knead and form a soft dough. Put it aside for 20 minutes.

Preheat oven to 190 C.

Form 20 balls from the dough, put them on the tray and press them a little. Put an almond in the middle of each ball. Bake for 20–25 minutes until şekerpare is light brown in colour. Place them in a deeper tray and with a spoon slowly pour the cold syrup on them. Repeat until the syrup is soaked. Serve şekerpare after cooling. Cream may be served with it.



▶ Thailand

Steamed Rice

Ingredients:

3 cups of Jasmine rice grains

4 cups of water

To maximise the fragrant flavour of Jasmine rice, the absorption or covered pot/pan cooking method recommended or go for an automatic rice cooker.

Preparation: Rinse Jasmine rice grains repeatedly in cold water until water turns clear, drain thoroughly. Pour 4 cups of water into the



pot, cover the lid and place over high heat. When boiling, stir briefly, recover the lid, stir occasionally to prevent rice sticking on to the bottom of the pot. When the water is nearly dry, reduce the heat to the lower setting and leave to steam for 15 minutes. Then leave to cook for some 5 minutes.

Kaeng Khiao Wan Kai (Thai Chicken Green Curry)

Ingredients:

- 1 whole skinless chicken breast, sliced into bite-sized*
- 2 tbsp Thai green curry paste*
- 2 cup coconut milk*
- 1/2 cup water*
- 2 tbsp Thai fish sauce*
- 1 tsp brown sugar*
- 1/2 cup Thai small green eggplant or 1 aubergine, diced*
- 7–8 kaffir lime leaves*
- A handful of fresh basil, washed and stalk removed.*
- 1 long red finger chilli, deseeded and sliced length way*

Preparation: Heat up 1/2 cup of creamy part of coconut milk in a saucepan on medium heat until it became slightly oily. Add green curry paste, stir well until blended. Add sugar, fish sauce and kaffir leaves, stir for few min-



utes. Turn to high heat, add the chicken, stir and pour into the coconut milk bit by bit stirring thoroughly. Transfer into the pot, add all the remaining coconut milk and the water. Stir well, close the lid and boil for 10



minutes. Add small green eggplant or aubergine. Reduce heat to simmer for 15 minutes. Add basil leaves, stir and serve hot in a big bowl. Sprinkle sliced red chillies to garnish and serve with steamed rice.

Phat Thai (Stir-fried Thai Noodle)

Ingredients:

1/2 cup cooking oil

100 gr. dry Thai noodle (small strips) soak in cold water for 5 minutes .drained

100 gr. chicken, sliced into bite-sized

100 gr. boiled shrimps

100 gr. bean sprouts, rinsed in cold water, tails off

3 eggs, beaten

1/2 cup hard soy bean curd, diced in small pieces

3 tbsp finely chopped Chinese sweet pickled radish

1 tsp finely chopped garlic

2 tsp finely chopped onion

1/2 tsp dry chillies flakes (depending upon how spicy



you'd like)

*3 tbsp fresh roasted
peanuts, crushed*

*2 tbsp chopped spring o-
nion and coriander*

*Mix together the follow-
ings and stir until blend: 1 tsp
Thai fish sauce, 1 tbsp
tamarind juice or rice wine vinegar, 3 tbsp brown sugar*

Preparation: Heat small quantity of oil in a saucepan on medium heat. Add chopped garlic and onion; and stir until golden. Add chicken and shrimps, increase to high heat and add more oil stir well until cook. Add the remaining oil and beaten eggs. Stir well till mixed. Add noodle and the mixed sauce toss in the bean curd, Chinese pickled radish, crushed peanut and chillies flake. Stir thoroughly until the noodle is soft. Add half of the bean sprouts, stir-fried for few minutes. Serve on a large plate and garnish with chopped spring onion, coriander and lime wedges with the remaining bean sprouts as side dish.

Tom Kha Kai (Chicken Coconut Soup)

Ingredients:

2 cups coconut milk

1 cup water

1/2 whole boneless chicken breast



- 2 stalks lemongrass*
- 5–6 kaffir lime leaves, torn*
- 10 sliced of fresh or dry galangal root*
- 1 cube chicken stock*
- 1/2 tsp sugar*
- 2 tbs Thai fish sauce squeezed of 1 lemon juice or lime juice*
- 2 tbs coarsely chopped coriander leaves 2 freshly crushed small Thai chillies*

Preparation: Cut the root off from lemon grass, remove the outer part; wash and crush the whole stalk and cut into 4 pieces inches, discard the rest. Mix the coconut milk with water in a pot and heat to boil for few minutes. Add the chicken stalk, boil for few more minutes, and add galangal root, lemongrass and kaffir lime leaves. Reduce heat to simmering, add fish sauce and sugar, and simmer gently for another 10 minutes. Increase to boil then add chicken and boil for another 5 minutes after closing the lid.



Lower to simmering for 15 minutes, toss in the chillies, and turn off the stove. Serve straight away in a small soup bowl with 1 tsp of lemon or lime juice in each bowl. Spring chopped coriander to garnish.

Sa Te (Skewered Barbecued Chicken with Spicy Peanut Sauce)

Ingredients:

500 gr. Chicken or beef sliced into 2 inches long

1 cup coconut milk

A small bunch of bamboo skewers

Mix the following in the coconut milk and blend it well.

1 tsp coriander powder

1 tsp pepper powder

1/3 tsp turmeric powder

1 tsp curry powder

1/2 tsp galangal powder

1 stalk lemongrass washed, cut the root off, finely chopped, discard the tail.

1 tsp salt

1 tsp brown sugar

1 tsp finely chopped garlic

2 tsp vegetable oil

Preparation: Pour the mixture onto the chicken or beef mix thoroughly and leave for 2 hours. Secure the marinated chicken or





beef with the bamboo skewers. Barbecue over slow fire, apply the marinated sauce during the barbecue. Best serve with Sa-te sauce and cucumber salad.

Sa-te sauce

Ingredients:

1 cup coconut milk

2 tbsp vegetable oil

*2 tbsp mussaman curry paste 5 tbsp peanut butter 1
tsp salt*

4 tbsp brown sugar

1 tbsp tamarind juice or rice wine vinegar

Preparation: Cook the vegetable oil and half a cup of coconut milk in a saucepan on medium heat. Add the mussaman curry paste stir well until mixed. Add peanut butter and the remaining coconut milk, stir until blended. Add sugar, salt and tamarind juice or vinegar and simmering for 15 minutes until became oily on the surface. This sauce can be kept in refrigerator for a week.

Cucumber salad

Ingredients:

*1 long green cucumber cut in half length way and
sliced*

1 Spanish onion, thinly sliced

1 long red finger chilli cut in rings

1/3 cup rice wine vinegar

1/4 cup water

5 tbsp brown sugar

1/2 tsp salt

Preparation: Boil the water and vinegar on medium heat. Add sugar and salt, lower to simmering stir well until blended. Turn off the stove, leave until cold, and pour on-to cucumber and onion mix well and drifted with chilli to garnish.

Kung Phat Bal Kaphrao

Ingredients:

300 gr. cooked shrimps

5 cloves crushed garlic

*2 long red finger chillies cut in 3 pieces and crushed
in 1 tsp light soy sauce or Kikoman sauce*

1 tsp Thai fish sauce

1 tsp brown sugar

*1 slim string of fresh
green pepper*

*1 cup fresh sacred
basil, stem off*

5 tbsp cooking oil

Preparation: Heat the oil in a saucepan on high





heat, toss in garlic and chillies, stir until golden. Add shrimps and stir-fry for few minutes. Add light soy sauce, brown sugar, fish sauce and fresh green pepper and stir. Add sacred basil, mix thoroughly and remove from the stove. Serve with steamed rice.

Khao Phat Sapparat (Pineapple Fried Rice)

Ingredients:

- 2 whole fresh pineapples*
- 5 cup steamed rice*
- 1 cup crouton*
- 2 tbsp butter*
- 1 cup diced cook ham*
- 1 cup diced pineapple*
- 1/2 cup raisins*
- 3 tbsp Maggie sauce*
- 1 tsp finely chopped garlic*
- 1 tbsp finely chopped onion*
- 2 tbsp chopped coriander leaves*
- 1 tsp grounded pepper*
- 1 long red finger chilli, deseeded and slice length way*

Preparation: Preparing pineapple: Rinse pineapple thoroughly in cold water, especially the head. Dry and cut in half horizontal through the head. Remove the pineapple fruit portion and keep the shells. Diced one pineapple and keep the other for dessert.

Prepare the crouton: Take two thick slices of whole-meal bread and cut them into cubes. Cover the bread cubes in vegetable oil and toast them under a medium grill for 3 minutes, tossing occasionally, until golden and crisp. Set aside.



Add butter into a saucepan on medium heat. Toss in garlic and onion, and stir until golden. Add ham and stir for few more minutes. Add diced pineapple and increase the heat while stirring well to reduce the juice. Add steamed rice, crouton, raisins and Maggie sauce. Stir thoroughly for few more minutes and turn off the stove. Serve in pineapple shells, garnished with grounded pepper, chopped coriander leaves and long red chilli.

Khao Phat Pu (Fried Rice with Crab Meat)

Ingredients:

250gr cooked crab meat

1 cup diced ham

1/2 cup diced bacon

1/3 cup vegetable oil

3 cloves garlic, crushed

2 tbsp onion chopped into small pieces



- 3 eggs beaten*
- 3 tbsp Maggie sauce*
- 1/2 cup raisins*
- 5 small bowls of steamed rice*
- 1 tsp grounded white pepper*
- 2 tbsp freshly chopped coriander leaves*
- 5–6 spring onions*
- 1 long green cucumber thickly sliced*

Preparation: Wash spring onions thoroughly and cut the roots. Cut the bulbs in half and finally chop roots. Keep the bulbs for side dish and finely chopped roots for garnish. Heat half of the oil in a sauce pan on medium heat. Add garlic and onions, and stir until slightly golden. Add ham, bacon and crab meat and stir for few minutes. Add rest of the oil and increase the heat. Pour in the eggs and scramble till cooked. Add rice, Maggie sauce and resins. Stir thoroughly for another 2–3 minutes and remove from the stove.



Serve in a large plate and garnish with grounded white pepper and chopped spring onion and coriander leaves. Lime wedges, fresh spring onion and slices of long green cucumber to be served as side dish.

Som Tam (Papaya Salad)

Ingredients:

*1 raw green papaya
peeled washed and shredded*

1 clove garlic crushed

*1 small Thai chilli,
crushed*

*2 tsp grounded dry
shrimps*

*1 squeezed lemon juice
or more*

1 tbsp brown sugar

2 tbsp Thai fish sauce

1/2 cup freshly crushed roasted peanut

*2 stalks of long green bean, crushed and cut into 1
inch long pieces*

*2 tomatoes cut in wedges or 15 cherry tomatoes cut in
half*



Preparation: Mix lemon juice, fish sauce, dry shrimps, sugar, garlic and chilli together, stir until blended. Pour the mixture into the bowl of shredded papaya, add crushed green bean and tomatoes. Stir thoroughly and serve.

Kai Yang (Barbecued Chicken)

Ingredients:

1 whole chicken cut in half

Mix the following in 1/2 cup of coconut milk

5 cloves garlic, crushed

1 tsp ground pepper

2 coriander root and stem (washed carefully and rinsed well) crushed 1 tsp salt

1/2 tbsp brown sugar

1/2 tsp turmeric powder

1 stalk lemongrass finely chopped



Pour the mixture on the chicken. Mix it thoroughly with hand and leave for 2 hours. Bar-

becue on a slow fire until chicken turns golden crispy. Chop each half in five pieces, serve with papaya salad and steamed sticky rice.

Yam Thale (Seafood Salad)

Ingredients:

200 gr. boiled shrimps

6 squids, cleaned, slice into rings and boiled

6 mussels cleaned, shelled and boiled

100 gr. chunk of boiled crab meat

10 boiled scallops

1/2 cup boiled baby clams

1 Spanish onion sliced

2 tbsp chopped spring onion and coriander

1 cup mint leaves

2 stalk lemon grass cleaned and finely sliced

Mix the following together:

2 squeezed lime juice

3 tbsp Thai fish sauce

2 cloves of garlic finely chopped

2 crushed Thai small chillies

1/2 tsp sugar

Preparation: Decorate a big plate with lettuce leaves. Put all the boiled seafood in a large bowl and pour sauce over it. Add sliced onion, lemon-grass, a bit of mint leaves. Mix thoroughly and pour it in the prepared plate. Garnish with chopped spring onions and coriander and the remaining mint leaves. Serve immediately.





Yam Takhrai (Lemongrass Salad)

Ingredients:

Half skinless chicken breast, boiled and shredded

200 gr. boiled shrimps

4 stalks lemongrass cleaned and finely slice (Just 4 inch down from the tip), discard the rest

2 tbsp finely slice red onions

2 gloves garlic finely slice

2 Thai small chillies, crushed

2 tbsp finely chopped shallot, coriander and mint leaves to garnish

1/2 cup roasted cashew nuts

Mix the followings:

Juice of 1 or more lemon

2 tbsp Thai fish sauce

1 tsp brown sugar and chopped garlic

Preparation: Put the shredded chicken and shrimps in

a big bowl. Add lemongrass, onion and chopped shallot and coriander. Pour the sauce and mix well. Serve on the plate decorated with salad leaves, garnished with cashew nut and mint leaves.



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