

Armenia

Middle East/Eastern Europe

Menu

1. *Erishtah about* (noodle soup made with lamb broth)

Ingredients:

- 6 Tbsp. butter
- 1 large onion, finely chopped
- 2 quarts lamb broth
- 1/2 cup tomato sauce
- Salt and pepper to taste
- 2 cups 1/4 in.-wide egg noodles
- 1 1/2 Tbsp. dry mint

Directions

Melt the butter in a large skillet and sauté the onions until they are golden brown. Combine the broth and tomato sauce in a saucepan and season to taste. Bring the broth to a boil and add the noodles. Simmer until the noodles are tender. Pour the contents of the skillet into the saucepan, add the mint, and stir well. Serve hot.

2. *Derev dolma* (stuffed grape leaves)

Ingredients:

- 1 lb. chopped lamb
- 1/4 cup large bulgur
- 1 onion, finely chopped
- Salt and pepper to taste
- 1/2 cup tomato sauce
- 1 pint jar grape leaves
- 1/2 lemon, juiced
- 1 1/2 cups water

Directions:

Combine the lamb, bulgur, onion, salt, pepper, and half the tomato sauce in a mixing bowl. Knead ingredients by hand until blended. Wash grape leaves and remove the stem. Place each leaf smooth side down and add a tablespoon of meat mixture on the stem end of the leaf. Fold the two sides of the leaf over the filling and roll the leaf from the stem end to the top. Continue filling and rolling leaves and place in a saucepan. Cover rolled grape leaves with a small plate to keep them from moving. Add lemon juice, tomato sauce, and water to the saucepan. Cover the saucepan and bring the liquid to a boil. Lower heat and simmer for 45 minutes. Serve hot.

Life in Armenia

Ethnic Armenians make up an overwhelming majority of the country's population. Most people in this former Soviet republic speak Armenian and are members of the Armenian Orthodox Church. In fact, the country adopted Christianity as its official state religion in A.D. 301, making Armenia the oldest Christian nation in the world. A majority of sponsored families live in poorly constructed apartments, many of which have cracked windows, leaking roofs, and thin concrete walls. Household expenses nearly triple during winter as a result of increased heating costs, leaving little money for food and clothing.

Typical meal

A typical Armenian meal might include lamb, rice pilaf, eggplant, yogurt, and a sweet dessert such as baklava.

Kindergarten in Armenia



Sona Manoukyan, 5, says grace and eats along with other children. In the kindergarten of the Sheram neighborhood, many children are sponsored.