

# Guides and Stories

Gastrotravel Journal

For your trip to ARMENIA

## Design Disclaimer:

The guy who usually designs our PDFs went on a liveaboard trip to French Polynesia and, well... got beautifully lost. We couldn't bring ourselves to replace him (we love him too much), so we had to put this together ourselves. Sorry for the layout — we promise the food is better than the formatting.

iPhone users: You can fill this journal using the built-in PDF editor. Just make sure to tap Done after editing.

Android users: Please download the free Adobe Acrobat Reader app to fill in this file — most default viewers don't support form editing.

Once your trip is over, we'd love to hear what you discovered!

If you feel like sharing your filled-out journal, you can send it to [food@guidesandstories.com](mailto:food@guidesandstories.com)

We may use your culinary notes to improve future guides — but don't worry, we never store your name, email, or any personal details.

## Starters, Soups & Salads

**Spas** – Creamy yogurt soup with herbs

Rating (1–10):                      Where Tried:

Opinion:

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**Eech** – Tomato-bulgur salad with parsley

Rating (1–10):                      Where Tried:

Opinion:

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**Khash** – Beef foot broth for winter

Rating (1–10):                      Where Tried:

Opinion:

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**Kololik** – Hearty soup with meatballs

Rating (1–10):                      Where Tried:

Opinion:

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**Vospapour** – Hearty red lentil soup

Rating (1–10):                      Where Tried:

Opinion:

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**Karshm** – Sour herb and grain soup

Rating (1–10):                      Where Tried:

Opinion:

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## Starters, Soups & Salads

**Mantapour** – Dumpling soup in broth

Rating (1–10):                      Where Tried:

Opinion:

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**Putuk** – Clay-pot stew with lamb

Rating (1–10):                      Where Tried:

Opinion:

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**Gomgush** – Rustic stew with vegetables

Rating (1–10):                      Where Tried:

Opinion:

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**Aveluk Soup** – Sour sorrel and legume soup

Rating (1–10):                      Where Tried:

Opinion:

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**Ailazan** – Layered baked summer vegetables

Rating (1–10):                      Where Tried:

Opinion:

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# Main Courses

**Armenian Harissa** – Pounded wheat and lamb porridge

Rating (1–10):                      Where Tried:

Opinion:

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**Dolma** – Stuffed grape leaves or veggies

Rating (1–10):                      Where Tried:

Opinion:

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**Khorovats** – Grilled marinated meat skewers

Rating (1–10):                      Where Tried:

Opinion:

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**Ghapama** – Pumpkin stuffed with rice

Rating (1–10):                      Where Tried:

Opinion:

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**Tjvjik** – Fried liver with onions

Rating (1–10):                      Where Tried:

Opinion:

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**Kiufta** – Stuffed meatballs with spices

Rating (1–10):                      Where Tried:

Opinion:

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# Main Courses

**Manti** – Mini meat dumplings in broth

Rating (1–10):                      Where Tried:

Opinion:

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**Khashlama** – Lamb stew with vegetables

Rating (1–10):                      Where Tried:

Opinion:

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**Khurjin** – Lavash-wrapped meat bundles

Rating (1–10):                      Where Tried:

Opinion:

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**Boraki** – Rolled dumplings with yogurt

Rating (1–10):                      Where Tried:

Opinion:

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**Sevan Ishkhan** – Lake Sevan grilled trout

Rating (1–10):                      Where Tried:

Opinion:

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# Street Food & Casual Bites

**Lahmajoun** – Flatbread with spiced meat

Rating (1–10):                      Where Tried:

Opinion:

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**Boereg** – Pastry stuffed with cheese

Rating (1–10):                      Where Tried:

Opinion:

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**Sujukh (Yershig sausage)** – Dried, spicy beef sausage

Rating (1–10):                      Where Tried:

Opinion:

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# Breads & Unique Bakes

**Lavash** – Iconic Armenian flatbread

Rating (1–10):                      Where Tried:

Opinion:

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**Matnakash** – Oval bread with soft crust

Rating (1–10):                      Where Tried:

Opinion:

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**Choereg (Bsatir, Katnahunts)** – Sweet Easter braided bread

Rating (1–10):                      Where Tried:

Opinion:

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**Bagharch** – Flatbread with grainy texture

Rating (1–10):                      Where Tried:

Opinion:

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**Zhingyalov Hats** – Stuffed herb flatbread

Rating (1–10):                      Where Tried:

Opinion:

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**Tahinov Hats** – Spiral pastry with tahini

Rating (1–10):                      Where Tried:

Opinion:

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## Desserts & Sweets

**Pakhlava** – Nut-filled layered pastry

Rating (1–10):                      Where Tried:

Opinion:

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**Gata** – Sweet bread with sugar mix

Rating (1–10):                      Where Tried:

Opinion:

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**Sweet Sujukh (Sharots)** – Nut string in grape syrup

Rating (1–10):                      Where Tried:

Opinion:

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**Pestil** – Chewy sun-dried fruit leather

Rating (1–10):                      Where Tried:

Opinion:

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**Alani** – Dried peaches with walnut filling

Rating (1–10):                      Where Tried:

Opinion:

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