

Guides and Stories

Culinary Diary

For in-depth descriptions of all dishes, check out our post here:
<https://guidesandstories.com/best-food-to-try-in-armenia>

My Taste of Armenia

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A token for travelers

This digital diary is a symbol of sustainable travel, built for **reusing and sharing**, just like so many other things should be.

It's meant to be passed on: add your name to the list of owners, and if you meet other food-curious travelers, pass it along. They can get inspiration from your notes, and with a little effort, reuse it to start their own delicious journey. Let's see how many happy travelers this shared experience can create.

iPhone users: You can fill this journal using the built-in PDF editor. Download the file and remember to tap "Done" after each edit.

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

Appetizers

Spas – Yogurt soup with wheat and herbs

Rating (1–10):

Enjoyed At:

Opinion:

Eech – Bulgur salad with tomato paste and paprika

Rating (1–10):

Enjoyed At:

Opinion:

Khash – Slow-cooked beef or cow's foot broth

Rating (1–10):

Enjoyed At:

Opinion:

Kololik – Meatball soup with chickpeas and carrots

Rating (1–10):

Enjoyed At:

Opinion:

Vospapour – Hearty lentil soup with carrots and tomato

Rating (1–10):

Enjoyed At:

Opinion:

Appetizers

Mantapour – Clear soup with boiled meat dumplings

Rating (1–10): Enjoyed At:

Opinion:

Putuk – Clay-pot stew with chickpeas, lamb, and potatoes

Rating (1–10): Enjoyed At:

Opinion:

Gomgush – Vegetable and meat stew with green beans

Rating (1–10): Enjoyed At:

Opinion:

Aveluk Soup – Soup made from dried wild sorrel

Rating (1–10): Enjoyed At:

Opinion:

Ailazan – Slow-cooked vegetable dish with eggplant and peppers

Rating (1–10): Enjoyed At:

Opinion:

Main Courses

Armenian Harissa – Pounded wheat porridge with slow-cooked lamb

Rating (1–10):

Enjoyed At:

Opinion:

Dolma – Meat and rice wrapped in grape leaves

Rating (1–10):

Enjoyed At:

Opinion:

Khorovats – Armenian barbecue (skewered grilled meat)

Rating (1–10):

Enjoyed At:

Opinion:

Ghapama – Stuffed pumpkin with rice and dried fruits

Rating (1–10):

Enjoyed At:

Opinion:

Tjvjik – Sautéed offal dish, usually lamb liver

Rating (1–10):

Enjoyed At:

Opinion:

Beverages

Tan – Savory yogurt drink with water and salt

Rating (1–10): Enjoyed At:

Opinion:

Armenian Wine – Wine made from local grape varieties

Rating (1–10): Enjoyed At:

Opinion:

Armenian Brandy – Distilled from grapes and aged in oak

Rating (1–10): Enjoyed At:

Opinion:

Armenian Coffee – Finely ground, unfiltered coffee

Rating (1–10): Enjoyed At:

Opinion:

Oghi – Traditional fruit vodka, often homemade

Rating (1–10): Enjoyed At:

Opinion:

Beverages

Armenian Mineral Water – Naturally carbonated spring water

Rating (1–10):

Enjoyed At:

Opinion: