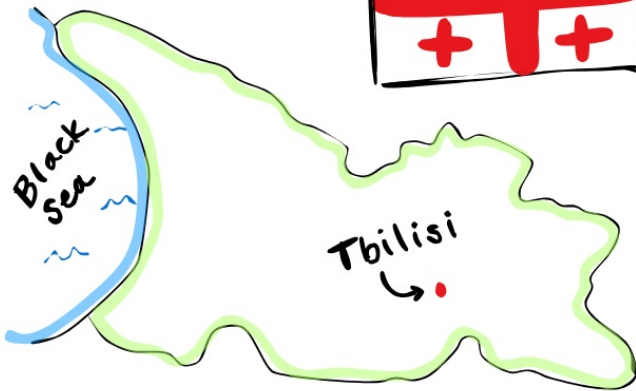
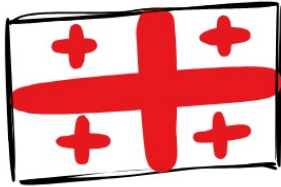


Georgia the Country.



NOT
The U.S.
State!



- By Countries: Armenia, Russia, Türkiye, and Azerbaijan
- Democratic Republic of Georgia formed in 1918
- Gained independence from Soviet Union in 1991

Some facts about Georgia

- Grilling meat is very popular
- While women are typically the ones who make food, men typically do most of the grilling
- Eastern Georgia has a lot of meat-based meals, whereas the west has a lot of seafood
- No vegetables are preferable to canned vegetables
- Most families make their own wine

Sources:

Cheese.com "Sulguni" 2025
Georgia to "National Independence of Georgia" 2025

Georgia's

AJAPSANDALI & CHVISHTARI

Recipe provided by
International
Student,
Natia

Infographic created
by:
Grace, TT, & Rowan
for

Global Culinary
Heritage Day
Celebration
2025

Ajapsandali

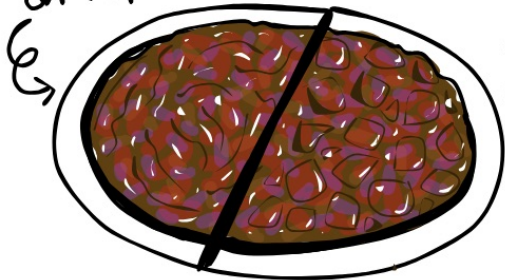


Note that many of these ingredients are widely available



"Dry" version is best served on top Chvishtari

"Wet" version is more like a stew



Chvishtari



Due to availability in the US, Cotija is used, but the traditional Cheese used in Georgia is called Sulguni



Some Food Etiquette

- No eating meals on the couch or while standing
- Taking leftovers at a restaurant is frowned upon

Toasting Procedure

At every *sufra*, a *Tamada* (toastmaster) is chosen to initiate toasts. Everyone around the room must extend on these toasts, with a speech, story, or song.

Some people rent out a *tamada* for large celebrations, often someone who is a great storyteller.

Other popular foods:

- Khinkali
- Khachapuri
- Mtsvadi
- Kharcho
- Lobio
- Fkhali

