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Chechen cuisine is distinguished by its simplicity and speed of cooking. This is due to the conditions in which people live. Vainakhs (the self-designation of Chechens and Ingushs) lived more in the mountains and ate what could be mined or mined in this area.

At the same time, despite numerous dishes of meat, wild garlic and nettle, the Chechen cuisine is still soft, not spicy, moderate in spices. And the fact that there are very few fat, obese people among Chechens, that they are tall and healthy, is influenced by their national cuisine.

When the guests are going to come to us, it is customary in our family to prepare the meat dish Zhizhig Galnash. This is a national Chechen dish. Zhizhig Galnash is prepared from meat. Chechen cuisine uses mainly lamb. But Zhizhig gallnash can be knitted from chicken or beef.

Another national dish that our family loves and guests enjoy eating is the Chechen Hingals. These cakes usually begin with pumpkin and have a very delicate taste. If one day you will come to Chechnya , you should know some rules of eating Zhizhig Galnash. Zhizhig Galnash decided to eat with his hands, without bread. I hope you try this one day!