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Traditional Turkmen recipes featured in first of its kind book in U.S.

November 25, 2021



Chef and author Gylshat Esenova. (Constantine Fedorets)

Chef and author [Gylshat Esenova](#) describes how the desert climate of her native Turkmenistan shaped traditional Turkmen food, such as lamb cutlet.

Esenova is the author of "[Sachak: Traditional Turkmen Recipes In A Modern Kitchen](#)," which she describes as the first cookbook of Turkmen recipes published in the U.S.

Excerpt from 'Sachak'

By Gylshat Esenova

Lamb Cutlet

Kakmaç



A lamb cutlet from "Sachak: Traditional Turkmen Recipes In A Modern Kitchen." (Courtesy of Gylshat Esenova)

Serves 2

- 4 lean lamb cutlets or 1 lb lamb loin, thinly-sliced against the grain into 4 pieces
 - 1 1/2 tbsp tallow (or 50g mutton fat, chopped)
 - 1 medium yellow onion, peeled, thinly sliced
 - 1/2 bunch parsley/1/2 cup/10g, leaves only, chopped
 - 1/2 bunch scallions/3 each, sliced
 - 1/2 bunch cilantro/1/2 cup/10g (optional), chopped
 - Kosher salt
 - Freshly ground black pepper
1. In a large frying pan, heat 1 1/2 tbsp of tallow (or render mutton fat, remove cracklings).
 2. Cover the sliced lamb with plastic wrap and pound it on both sides to flatten.
 3. Season with salt and pepper to taste.
 4. Fry for 2 minutes, flip and cook for 2 more minutes.
 5. Transfer the kakmaç to a plate and serve with chopped herbs and onion on the side.

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This segment airs on November 25, 2021. Audio will be available after the broadcast.

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