

Name: Dr Gvantsa Gorgodze
Specialty: Dentist
Country: Georgia



| Name of dish | Gebzhalia | |
|---------------------------------|---|-----------|
| Ingredients (with measurements) | Ingredients | Quantity |
| | Sulguni (softened cheese) - | 300 grams |
| | Curd cheese | 200 g |
| | Pounded mint | 50 g |
| | Salt | to taste |
| Directions and Preparation time | <p>To prepare Gebzhalia, it is better to choose a thick-bottom pot. Put water into the pot and boil it. Until the water gets boiled cut the cheese into thin slices and then put the cheese slices in the boiled water slowly.</p> <p>Reduce the heat; knead the cheese with a wooden spoon. You will see that the pieces of cheese are joined together. As soon as you get a homogeneous mass and the cheese surface becomes glossy, remove the cheese ball from the pot, put it on the wooden board and roll it well.</p> <p>Add a very small amount of water to the ground mint and spread over the flattened cheese well. Put the curd cheese in a separate container with a mixture of mint and a little salt, mix well and spread to the flattened cheese by hand or if you want through a spoon.</p> <p>Finally, roll up the flattened cheese layer. Cut the roll in small pieces and set aside.</p> <p>You can eat Gebzhalia in dry form, but many people like to</p> | |

| | |
|--|---|
| | <p>eat Gebzhalia in its sauce.</p> <p>Gebzhelia's sauce is the simplest to prepare: add ground mint, curd cheese and salt to the cheese broth. Mix well, so that you get the mass of medium thickness and move it into a deep bowl or plate. Wait until it cools down and put the cut pieces of Gebzhalia into this mixture. That's all!</p> <p>The delicious Gebzhalia is ready!</p> |
| <p>Other relevant information (e.g. origin or story behind the recipe)</p> | <p>Gebzhalia (Georgian: გებჯალია) is an antique dish from Samegrelo, western region of Georgia. It is made from cheese, curd cheese and mint. Usually it is consumed with Ghomi, Georgian cornmeal. It has a well-defined flavor of mint, which makes the dish unique.</p> |