

Kükü

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In Azerbaijan, *kükü* (read: kyukyu) is the general name given to dishes in which main ingredients—vegetables, herbs, meat or fish—are bound with eggs, then browned on both sides on a stovetop. It is not to be confused with omelette, as the featured ingredients in *kükü* are used in far greater amounts than eggs. By its appearance and texture, *kükü* can be likened to Spanish *tortilla* or Italian *frittata*.

It is also a healthy way to start the day or have a light nutritious lunch. Herbs are known for their health benefits: **coriander** lowers blood sugar levels, boost immune system as it contains lots of antioxidants and can benefit the heart health.

Spring onions are loaded with

essential nutrients like Vitamins A, C, B2 or thymine, copper, phosphorus, magnesium and potassium. **Natural Yogurt** is high in protein, calcium, vitamins, and live culture, or probiotics, which can enhance the gut microbiota. These can offer protection for bones and teeth and help prevent digestive problems. Low-fat yogurt can be a useful source of protein on a weight-loss diet.

Eating pomegranates on a daily basis, or drinking the juice can be an excellent aid for your immunity, fight Type-2 diabetes, keep blood pressure in check, smoothen digestion and make your skin glow too.

We hope you enjoy our *Kükü* recipe – it is very easy to make at home!



Ingredients

- 2 packed cups chopped fresh cilantro
- 1 packed cup chopped fresh dill
- ½ cup fresh green onions
- 5 eggs
- ½ teaspoon salt
- Ground black pepper to taste
- ¼ cup unsalted butter or clarified butter (can substitute olive oil)
- Garlicky yogurt sauce (mix 1 cup plain yogurt with crushed garlic to taste) or plain yogurt, to serve

Instructions

1. In a large mixing bowl, combine the chopped fresh herbs and eggs. Season with salt and pepper, then stir with a spoon to mix well.



2. Melt the butter or oil over medium heat in a 10-inch non-stick frying pan. Pour the herb-egg mixture into the pan to fill it completely, levelling it with the back of a spoon. Cook until golden brown on the bottom, 5 to 8 minutes.



3. Using a knife, carefully cut the *kuku* into 4 wedges (or 8 if you wish). Gently turn the wedges over to brown the other side.





4. Remove the cooked *kuku* from the heat and transfer it onto a serving platter.
5. Separately serve a bowl with garlicky yogurt sauce or plain yogurt, to spoon onto *kuku* to taste.

Be healthy and enjoy!