

Lavash

Armenian cuisine is one of the ancient cuisines in Asia and, according to the famous historian and ethnographer V. Pokhlebkin, the oldest in the South Caucasus region. The prominent features of Armenian cuisine were founded at least a thousand years before Christianity and have been kept nearly unchanged over the next three thousand years. Throughout the ages, Lavash has not only occupied the highest place in Armenian cuisine but also acquired the sacramental meaning, symbolizing life and wisdom.

