

KERMANSHAH IRAN



2021 伊朗·克爾曼沙赫

加入網絡年份

YEAR OF DESIGNATION

城市介紹 | INTRODUCTION OF THE CITY

Kermanshah is a city in the ancient and vast country of Iran, with a moderate mountainous climate, located at the foothills of the "Paraw" mountain range and near the Qareh Su and Abshuran rivers. Kermanshah covers an area of 12,000 hectares with a population of over one million people.

Due to its suitable climate and geographical location, this city has been of special importance in various historical periods. This climatic and ethnic diversity has led to a unique cultural diversity in Kermanshah.

The cuisine of this region is influenced by this ethnic and climatic diversity, resulting in the preparation of 9 different types of bread, dozens of pastries, 200 types of dishes made from local vegetables and indigenous animals, and birds by Kermanshahi chefs.

In Kermanshah, food culture holds special importance, and the unique characteristic of traditional Kermanshah cuisine is that each dish carries an ancient story from the past of this region.

Saji bread, Beji pastries, rice bread, lamb kebab skewers, Abbasali soup, and Khalal stew are among the most important dishes in Kermanshah.



Nooshin Nikravesht

Self-Taught Chef Culinary Innovator Hospitality Enthusiast

As a self-taught chef with deep roots in Kermanshahi culture, I blend traditional local flavors with international cooking methods to create unique, cross-cultural dining experiences. My passion for authentic hospitality, inspired by the warm, generous spirit of Kermanshahi families, led to the co-founding of Barkhwan — a contemporary restaurant in Kermanshah.

At Barkhaan, I design and prepare original dishes and beverages that showcase the culinary heritage of the region, reinterpreted for today's tastes.

The restaurant combines modern architecture with interior design featuring the work of local contemporary artists, offering guests an immersive cultural and gastronomic experience.



菜品 | DISHES

Ghawermeh

Ghawermeh is basically a meat preservation method. Before the creation of electronic devices such as refrigerators and freezers, the method of freezing was used to preserve meat in the cold season in Kurdish regions. In this method, the boneless meat of sheep, calf or goat is cut into small pieces slightly bigger than the stewed meat and cooked in a pot with water and salt. After cooking, the pieces of meat are passed through a colander and the water and meat are separated from each other. The obtained water is consumed separately and has different uses, but the pieces of meat are fried in the oil obtained from melting the sheep's tail until they are dry



Tarkhineh

Tarkhineh can be known as one of the first semi-prepared foods. It is claimed that this food is beneficial in curing colds due to its natural antibiotic properties.

This dish is prepared by soaking wheat or barley groats in sour buttermilk for 10 days. In another method, bulgur is cooked in buttermilk for several hours. After this time, pieces of this paste-like mixture are balled and after adding local plants such as turnips and oregano, they dry it in the sun or heat it in special ovens. In some regions, dry pieces of Tarkhineh are prepared as a soup by adding beans, vegetables and onions.

