

How to Eat Dumplings in Georgia

今回はコーカサス地方の国ジョージアの名物料理ヒンカリを紹介する記事です。ヒンカリは生地で肉や香草を包んで茹でる、餃子のような家庭料理で、地域ごとに作り方や食べ方に違いがあります。

「dough」は「パンや麺などの生地」という意味で、発音は /doo/（「ドォウ」に近い音）です。bread dough（パン生地）、pizza dough（ピザ生地）のように使われます。あなたの地域にも、伝統的な料理はありますか？講師と話してみましょう。



1. Article

Read the following article aloud.

In the Caucasus Mountains nation of Georgia, [dumpling](#)-eating is a serious activity.

"I'm not Georgian, but the first rule I learnt when I came to Georgia was how to eat khinkali," says Sergei Shirinsky. He says he is now a dumpling expert.

Georgian khinkali is a national symbol and source of pride. It is usually filled with a mix of [raw](#) ground beef and pork, as well as herbs and spices. It is then boiled and served hot.

Khinkali is also the reason behind many mealtime debates.

"You should know that it's eaten with hands only. That's the first rule," Shirinsky says.

Usually, eaters hold a single khinkali by its base. Its base is a collection of [dough](#) brought together during the folding process to bring the dumpling together. Then, eaters bite into the soft underside, being sure to eat any juices in the process.

The second rule is no condiments — things added to give food a stronger taste.

"If you add something other than pepper you can go to prison in Georgia," Shirinsky jokes.

The exact beginnings of the dumpling in Georgia are unclear. But khinkali has been prepared in towns and villages across the country for [centuries](#). Different areas of the country still argue over who invented it and who makes it best.

Modern versions include a variety of different [stuffing](#) choices like Georgian sulguni cheese, mushrooms and potatoes.

Khinkali-making has also become popular among the millions of tourists that visit the country every year.

In the capital Tbilisi, retired doctor Irina Djandieri offers cooking classes in her living room.

"It's fun, it's fascinating and in the end it is very tasty," she says.

"Every week we have a khinkali day in our family... It's a great excuse to gather with friends and relatives," says Christine Mamasakhlisi. She is a dance teacher from Tbilisi.

"Everything revolves around khinkali here," she says. "This is not just a dish, it's an integral part of Georgian culture and identity."

Dan Novak adapted this story for VOA Learning English based on reporting by Reuters.

2. Key phrases and vocabulary

First repeat after your tutor and then read aloud by yourself.

1. **dumpling (n.)** a kind of dish made of a flour skin and filled with meat, vegetables, and other things

I have Chinese dumplings and rice for lunch about once a week.

2. **raw (adj.)** not cooked

The salad is made of raw spinach leaves, bean sprouts, and roasted almond slices.

3. **dough (n.)** a mix of flour, water, and oil, used in making bread and noodles

After you make the pizza dough, roll it into a circle for the crust.

4. **century (n.)** a period of one hundred years

For a century, the diner has served an American-style breakfast to local customers.

5. **stuffing (n.)** a mix of food items that is put inside something and cooked

The stuffing for the green pepper is made of beef, rice, tomato paste, and spices.

3. Questions

Read the questions aloud and answer them.

1. What are khinkali, and what are they made of?
2. How long have people in Georgia been making them?
3. In the article, Christine Mamasakhlisi says, "Everything revolves around khinkali here," meaning that khinkali are very important to Georgian culture. In what ways is khinkali a part of the culture? Please give some examples.
4. Dumplings are common to cultures around the world. Do you ever eat them?
5. What dish or food item is an important part of your culture and identity? In what ways is it a part of your culture? When do you eat it? How often do you cook it?