

“To Health, Long Life & Pleasures! “ Show

Hosted by Lillian Zeltser

Bazhe **(Traditional Georgian Walnut Sauce)**

This lip-smacking, fragrant walnut sauce is time-tested and takes only minutes to make. It can complement almost every diet and type of food, from vegetables and pasta to cheese, legumes, bread, meats, fish, and other seafood.

Use this simple-to-make uncooked sauce as your everyday cooking magic to help your body self-heal. Combine it with foods that are low in animal fat and refined sugar if you want it to work faster.

Ingredients: Makes three cups.

2 cups freshly shelled walnuts

1 teaspoon ground fenugreek (or better, Georgian blue fenugreek variety - Utskhosuneli)

½ teaspoon dried marigold petals or saffron

1 teaspoon ground coriander seed

4-5 medium garlic cloves, peeled and crushed

1 teaspoon coarse salt

1/2 teaspoon hot ground red pepper or cayenne

1 ½ cups water at room temperature (not hot, as it will turn walnuts black)

2 tablespoons white wine vinegar or ½ cup freshly squeezed pomegranate juice



Preparation: Blend all dry ingredients and garlic into a paste using a food processor. Then add water, wine, or pomegranate juice, and blend for a few more minutes until it turns into a homogenized sauce with the consistency of a runny fresh sour cream. Evacuate sauce into a glass jar and place in the fridge for 1 hour before serving. Keep refrigerated for 2-3 days and stir before serving.