



KAZAKHSTAN / KAZAKHSTAN

**BESHBARMAK BY THE CHEFS
BOICHENKO NATALYA & SERIKZHANOVA ELVIRA
(CHEFS - 4 AND 3 YEARS IN CAC KAZAKHSTAN)**

Ingredients

- 1.5 kg of beef and horse.
- 4 liters of water for the broth.
- 7-8 peppercorns.
- 200g of flour.
- 2 eggs.
- salt and 1 bay leaf.
- 1 bunch of parsley.
- 4 onions.
- 2 carrots.



Instructions

1. Bring meat to a boil, skim and add aromatic garnish.
2. Simmer for 3-4 hours, add peeled onion and a carrot at the end of cooking.
3. Prepare the fresh dough and let it rest, roll out the dough and divide it into lozenges, cook the pasta in the broth "al dente".
4. Place the pieces of pasta in a dish, put the meat on top and add the previously blanched onions and the broth.
5. Decorate and serve with traditional bread.



About the chefs

Beshbarmak is the traditional dish of Kazakhstan. It was prepared by Boichenko Natalya, head chef, and Serikzhanova Elvira, cook, who have been working in Aktogay for 4 and 3 years respectively.

Natalya is responsible for the production of the main camp of 1500 POB and Elvira is part of her team.