Gastronomic Cultural Impacts of Russian, Azerbaijani and Iranian Cuisines

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Abstract

The present day Russia, Azerbaijan and Iranian lands have been home to many empires and civilizations for centuries past. People of these countries have long been influenced by each other's gastronomic cultures due to their neighborhood and commercial ties. They have transferred some foods and traditions to their own country's culinary culture. Foods, materials, methods and traditions used in the cuisines are sometimes different and sometimes similar to each other. The similar foods mentioned here are understandably due to the fact that countries were under the rule of the same civilization in ancient times and old times. Although the languages of the countries are different, the names of similar foods are reminiscent of each other. The different food and culinary traditions have been found to originate from local traditions. There are many different societies in the world and a wide range of cultural features belonging to these societies. Food and culinary culture are also among the important cultural heritages that reveal the identities of communities, lifestyles, eating habits and authenticity. Over the last century, great advances have been made in food preservation, storage, production and shipping. For these reasons, traditional culinary cultures of countries have started to spread more easily. In this research we have studied the influenced gastronomic cultures of Russia, Azerbaijan and Iran, which have been living together for many years as neighbors.

Keywords; Gastronomy, Iranian cuisine culture, Russian cuisine culture, Azerbaijani cuisine culture

1. Introduction

The intelligent first human species Homo sapiens had initiated the agrarian revolution twelve thousand years ago. The life form of the people changed completely, and the hunter gathering transitioned to settled life and created civilizations by forming large communities (Harari, 2015).

Mesopotamia, the land where the first settled life began and the first land of agriculture, directly affected all the cuisines in the world. Mesopotamia has hosted many scientific and artistic developments including culinary arts. The people of this region travelled frequently because of trade. They have helped to create a rich culinary culture in the region by bringing
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