



RECIPES FOR CHANGE

**BESHBARMAK WITH SHORPO
AND ONION SAUCE, KYRGYZSTAN**

The International Fund for Agricultural Development (IFAD) is a specialized United Nations agency that invests in rural people, empowering them to reduce poverty, increase food security, improve nutrition, and strengthen resilience.

Kyrgyzstan faces severe climate change impacts like droughts, floods and landslides, threatening pasture productivity and animal health.

The IFAD-funded Access to Markets Project (ATMP) aims to reduce methane emissions and support pastoralist growth through improved animal husbandry, cooperative development and better market access strategies.

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Investing in rural people



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BESHBARMAK WITH SHORPO (BROTH) AND ONION SAUCE

SERVES 6

Per serving • Calories: 1100 kcal • Protein: 80 g • Fat: 50 g • Carbohydrates: 170 g

Preparation time: 2 hours

Ingredients

- 2 kg fresh lamb
- 1 onion
- Salt to taste

Dough

- 2 eggs
- 1 kg flour
- Salt
- 350 ml warm water

Onion sauce

- 1 onion
- Vegetable oil or lamb fat
- Black pepper to taste – 1/2 tablespoon
- Salt

Preparation

Meat

1. Simmer lamb in water for 2–3 hours until tender. Season with salt and skim off the foam.
2. Once the lamb is cooked, remove the meat from the bone and cut into small pieces. Set the remaining broth aside.

Noodles

3. Combine flour, eggs and 350 ml of warm salted water for the dough. Knead until smooth and stretchy, then let it rest for 20–30 minutes.
4. Divide the dough into three pieces and roll them out to 1 mm thickness then cut into thin noodles.
5. Cook them in the broth for 5 minutes.

Onion sauce

6. Boil diced onions in the broth for 10 minutes. Season with pepper.

Serve

7. On a large platter, pile the noodles. Add the onion sauce and lamb, then pour 450 ml of shorpo broth.
8. Divide the remaining broth into serving bowls.

Climate risks

- Severe weather events – droughts, landslides, floods and erosion
- Diminishing water resources
- Decline in livestock health and reproductivity

IFAD supported solutions

- Improve animal husbandry and optimize feed quality
- Reduce methane emissions through livestock management
- Enhance animal productivity
- Capacity-building and training on climate smart agriculture practices