MIDDLE EASTERN · DINNER

Toyuq Lavangi (Azerbaijani Walnut-Stuffed Roast Chicken)

Toyuq Ləvəngisi

145 min · plus 5–6 hours brining Serves 6 698 kcal a serve

Video 5:36 in Azerbaijani · Ağababa Ağababa

Gluten-free ingredients

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45 g protein and 11 g net carbs a serve: a whole chicken roasted with a filling of ground walnuts and onion soured with pomegranate and plum instead of rice, rich in plant omega-3 from the walnuts.

Ingredients 12 · SERVES 6

- [ ] 1 large whole **chicken** (3½ lb)
- [ ] 2–3 **onions** (about 11 oz), grated and squeezed (most of the juice is poured off)
- [ ] 11 oz **walnuts**, finely ground
- [ ] 3 heaped tsp **nar turşusu** (sour pomegranate sauce)
- [ ] 3 heaped tsp **alça turşusu** (sour cherry-plum paste)
- [ ] **salt**, to taste
- [ ] **black pepper**, to taste
- [ ] 1 heaped tbsp **salt**, for the brine (poured away; about 5 g stays in the chicken)
- [ ] **Vinegar**: 4 heaped tbsp grape vinegar or lemon juice, for the brine (poured away)
- [ ] 1 tbsp **melted butter** (a full spoon)
- [ ] 1 level tsp **paprika**
- [ ] a few **lettuce leaves**, to serve

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Milk, Tree nuts. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Rinse the chicken and soak it for 5–6 hours (or overnight), covered and in the fridge, in 4¼ cups water with 1 heaped tbsp salt and 4 tbsp grape vinegar or lemon juice. Rinse again and leave it to drain in a colander. 0:30
2. For the ləvəngi filling, grate the onions and squeeze out their juice (keep 4 tsp of it for the sauce). Grind the walnuts finely. 1:45
3. Mix the walnuts and squeezed onion with 2 heaped tsp sour pomegranate sauce, 2 heaped tsp sour plum paste, salt and pepper into a thick paste. 2:05
4. Stir the 4 tsp onion juice with 1 heaped tsp each of the pomegranate sauce and plum paste, salt and pepper, and rub it over the chicken inside and out. 2:50
5. Pack the walnut filling into the cavity and close the opening. 3:15
6. Mix 1 full tbsp melted butter with 1 level tsp paprika and brush it all over the chicken. 3:45
7. Roast at 350°F for about 2 hours, until deep golden and cooked through. 4:10
8. Serve on lettuce leaves, carving the chicken and spooning out the walnut filling alongside. 4:20

> **Tip** Serves 6 is our estimate for a 3½ lb chicken. Unsweetened sour pomegranate sauce (narsharab) and sour plum paste (lavashana, tkemali) are sold in Caucasian and Persian shops. Often served with plov.

The method is a summary in our words, in English — the video (in Azerbaijani) shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
698 kcal	**45** g	**15** g	**4.6** g	**53** g	**830** mg
2,920 kJ	89% of a day	11 g net · 6.3 g sugars 6% of a day	16% of a day	9.3 g saturated 68% of a day	36% of a day

Energy from net carbs 6% · protein 26% · fat 68% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Omega-3 294% · Selenium 63% · Vitamin B6 51% · Zinc 38% · Magnesium 28% · Iron 20%

Source of (10–19%) Folate 19% · Vitamin B12 17% · Vitamin A 15% · Potassium 14% · Vitamin K 13%

Recipe and video: Ağababa Ağababa (@AğababaAğababa) on YouTube — youtube.com/watch?v=Y6dnLGsx26w, published 26 December 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/toyuq-levengi-walnut-chicken