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1. Kabuli Pulao (steamed rice and lamb)  
Kabuli Pulao, more commonly known as

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Qabili Palau by the locals, is a traditional Afghan food that is a mixture of steamed rice and lamb, its flavor enhanced with the addition of raisins, carrot, and a range of sweet spices.

~~Traditional Afghan Food - Updated 2020 | Trip101~~

Afghan cuisine (Dari:

, Pashto:

) is

largely based upon the nation's chief crops, such as wheat, maize, barley and rice. Accompanying these staples are native fruits and vegetables and dairy products such as milk, yogurt, and whey. The nation's culinary specialties reflect its ethnic and geographic diversity.

~~Afghan cuisine - Wikipedia~~

Fry the unions in the cooking oil, after that put required amount of tomatoes and make

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Collection Of Afghan Recipes And Other Favorites For The Novice Afghan And Non-Afghan Cook

them cook for a while then add meats, spices or vegetables to them. Shorma: Soups made of variety of items are very popular in Afghanistan. These soups are locally known as shorma. Afghan Breads: Usually, Afghans consume four types of breads. These breads are locally called Naan, Obi Naan and Lavash.

~~Afghanistan 's traditional food | The Afghan perspective~~

Afghan Cuisine Branch out from the kebabs and sample the special dishes such as boulangi and mantu at this casual Afghan cafe on Rusholme's "curry mile", where Middle Eastern and other cuisines are...

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Afghan Cuisine: Cooking for Life is a collection of traditional Afghan family recipes that have been gathered and

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translated to English for the novice Afghan and non-Afghan cook. The intention of the book is to help Afghans and non-Afghan learn to cook delicious Afghan food in easy to follow steps.

~~Afghan Cuisine: Cooking for Life : A Collection of Afghan ...~~

Afghan braised chicken with yoghurt and turmeric. While Afghan food bears some Indian influence, as seen, for example in the use of spices like cardamom, cinnamon, cloves, turmeric and cumin, it ...

~~Afghan recipes and Afghan food : SBS Food~~  
Qabuli pulao (Rice Pilaf with Meat, Raisin & Carrots) maila (picnics) meal. Picnics (maila) are a popular weekend activity throughout the year. Picnickers feast on salads, fresh naan bread, fish and kebabs grilled over charcoal, and of course freshly brewed tea. Afghan Lamb Kebab (Sikh



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(Kebab or Tikka Kebab)

Collection Of Afghan Recipes And Other Afghan Kitchen Recipes

The menu of Afghan home cooking is equally straightforward: eight dishes (three meat, one fish, four vegetarian) of which the focus is hearty, warming stews that feature plenty of yoghurt and mint ...

~~Afghan Kitchen | Restaurants in Angel, London~~

Sitting at Afghan kitchen with friends, sharing food and getting served by the lovely staff gave a very homely feel to the whole experience. The time of the day was also fitting as it was dark outside and the upstairs room, in which we were seated, had a warm, cosy lighting.

~~AFGHAN KITCHEN, London - Islington - Photos & Restaurant ...~~

Kabuli pilau or orange rice is considered as a

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national dish of Afghan. To get this start by preparing the meat in a curry that is mainly used as a side dish. Keep meat broth aside and fry carrots in a pan. Now add meat broth to thin rice and then marinade with the meat curry.

~~Top 9 Afghan Food Recipes | Styles At Life~~

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Afghan cuisine is mainly influenced by that of Persia (Iran), India and Mongolia. From India came chillies, saffron, garam masala (cardamom, cinnamon, cloves, cumin,

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However, with much experience in the food industry, I decided to open a restaurant in a small location in Edison, New Jersey. There I learned not only to become the CEO of an authentic Pakistani restaurant but also to become one with the staff and dive right in when things got hectic.

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~~ABOUT — Pukhtun Afghan Cuisine~~

~~Recipes And Other Favorites For The Novice~~  
The onion is caramelized and creates a richly colored stew. There are over 100 Afghan Food recipes Qormahs. Below are some examples: Qormah e Alou-Bokhara wa in the meantime Dalnakhod – onion-based, with sour plums, lentils, and cardamom. Veal or chicken. Qormah e Nadroo – onion-based, with yogurt, lotus roots, cilantro, and coriander. Lamb or veal.

~~Tasty Afghan Food recipes only at Afghan Cuisine by ...~~

The cuisine from Afghanistan was primarily influenced through its border trade routes with different countries. From Iran (the then Persia) came the coriander, mint, and the cooking style using veggie greens like herbs, spinach, etc. Mongolia contributed the noodles and dumplings, while from India came the chilies, pepper, and other spices

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like cardamom, cinnamon, cloves, cumin, and nutmeg.

~~Top 8 Afghan Foods That Will Keep You Smell Your Fingers ...~~

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Author: Nafisa Sekandari: Publisher:

Bloomington, IN : 1stBooks, ©2003.

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