

AN AFGHAN RECIPE BOOK

With Recipes by
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and
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Foreword and Acknowledgment

The lifestyle and many traditions of Afghanistan are among the most ancient in the world.

Most recipes in this book are very old and many had to be adapted to products and seasonings available in the United States. Of some we give two versions, in the hope that even a busy cook can produce a tasty meal with the short form.

For those who are interested, some brief comments about Afghan cooking and serving styles are given.

Afghan cooking outside the larger cities is done over open wood fires. Kabaub is cooked over charcoal on Kabaub cookers, which are ventilated metal boxes about 5 inches square and 4 inches deep.

For breads, small clay ovens are made. The bread dough is smoothed to the inside of the oven to be baked, resulting in large flat breads with excellent taste.

Lamb is the main meat used in Afghanistan. Chicken is primarily served to guests. As fresh, prime quality lamb is hard to find in the States during most of the year, you can substitute beef; of course, the flavor of the dish will be different.

Vegetables are extensively cultivated and used in almost every recipe. Most meals include rice in one form or another. There are few recipes for desserts. Fresh fruit is served to end a dinner.

Traditionally a meal is served on a table spread on the floor. Before serving, a younger family member offers a bowl with warm water and a towel to everyone for the cleansing of hands. Platters are used instead of bowls for the serving of food and silverware is seldom seen.

Thanks and recognition are due Salahudin and Roshana Ansary for sharing their family recipes and for many helpful hints.

I also want to thank Thomas and Marylou Gouttiere for sending us a collection of recipes they had gathered during their 10 years in Afghanistan. To Dave Sengenberger and the people at Durham & Downey, our thanks and gratitude for time and material volunteered to help us print this book. And thank you Linda Girvan for helping us with all the typing.

I am sure you will enjoy preparing and eating these dishes as much as I enjoy being able to share them with you.

Sigrid Weidenfeld

Naun Bread (Parakee, Lawausha)

Regular Afghan naun is made with a fermented starter, and although the yeast will give the necessary leavening, the flavor will not be quite the same. The baking in the pit oven (tondoor) also may impart a little flavor which won't be present in oven baking. In spite of all this, however, this should be an acceptable product.

Combine in a medium or large bowl:

- ◆ 1 package of dry yeast (1 T.)
- ◆ 1 t. sugar
- ◆ 1/4 c. lukewarm water

Mix to dissolve yeast and sugar and set aside.

Sift together:

- ◆ 3 c. sifted whole wheat flour
- ◆ 1/2 t. salt

Add to yeast mixture.

Measure and add gradually to the flour, yeast mixture:

- ◆ 3/4 c. cold water

Mix with the hand as the water is added, adding a bit more if needed to produce a smooth, firm dough--essentially the same consistency as ordinary bread dough. Allow to stand, covered, in a moderately warm place for one hour. The dough will not be doubled in bulk, but as the finger is drawn across the surface there will be an evidence of small bubbles being formed. This is about enough dough for one large naun, but for the method of baking required it is probably better to make two small ones instead.

A Brief Note on Tea

Part of the basic Afghan diet is bread and tea. (Naun and choi). They serve it black, strong and hot, with or without sugar. Mint or cardamom seeds are added for special flavor.

Sheer choi is a tea with milk. For this a green tea is used and the proper combining of the two is an elaborate ceremony.

You can make a delicious tea by adding 3-4 cardamom seeds to regular black tea or tea bags.



Maushauwa (Vetch Soup)

Soak overnight in cold water:

- ♦ 1/2 c. dried yellow peas (daul nakhut)
- ♦ 1/2 c. dried red beans

Place in a large kettle or pressure pan

- ♦ 1/2 c. dried vetch (maush)--substitute green split peas if not available
- ♦ 1/2 c. short grain rice
- ♦ yellow peas and red beans that have been soaked
- ♦ 1 t. salt
- ♦ 4 c. water including water in which they have been soaked

Cook until soft

Mix and form into balls 1/2 inch in diameter:

- ♦ 1/2 lb. ground beef
- ♦ 1/2 t. salt
- ♦ 1/2 t. red pepper
- ♦ 1/2 t. black pepper

Heat in saucepan:

- ♦ 1 C. (1/2c.) vegetable fat

Add and brown lightly

- ♦ 1 med. onion, diced fine

Remove from fire, cool slightly

Add and then cook until all water is evaporated

- ♦ 2 c. water
- ♦ 1/4 c. tomato, fresh or canned
- ♦ meat balls

Add to the mixture and heat:

- ♦ Cooked vetch, rice, etc.
- ♦ 2-3 c. water, including any remaining from cooking vetch, etc.
- ♦ 1 c. yogurt or sour cream
- ♦ 1 t. to 1 T. powdered dill (shabit)
- ♦ 1 t. to 2 t. salt, depending on amount of water added

Serve hot in individual soup plates. Serves 4-6.

Preheat the oven to 500°F and in it preheat a large cookie sheet which has been covered with heavy aluminum foil. Divide the dough into two balls, allow to stand for 5 minutes and then begin to shape into oval, flat pieces of desired thickness. For regular naun the pieces will be about 7 by 12 inches and 1/3 to 1/2 inch thick. For parakee or lawausha the pieces would be twice as large and 1/6 of an inch thick, patted and stretched out smooth. The two pieces of regular naun will fit on one cookie sheet, the thinner ones will require two sheets. After the regular naun is shaped dip three fingers in cold water and make three lengthwise grooves down the center of each. Commercially, small cuts are made with either thumbs or a cutter. I have been told that these cuts indicate that the bread was shaped by a man, the grooves are made by women.

Place the shaped naun on the hot pan and bake immediately until the dough is set and just beginning to brown--6 min. probably. If the bread has not browned sufficiently turn on the broiler to complete browning. Remove from oven and pan, serve warm or cold, cut in four inch squares. An electric skillet or heavy griddle, ungreased, can also be used quite satisfactorily for baking naun. Size of naun, time and temperature would have to be adjusted for each situation.

Naun is served without butter or any fat added, is often used to pick up other foods, and is particularly important in the eating of soup and the thinner varieties in the eating of kabaubs as sandwiches.

Tomato Soup

- ◆2 lbs. tomatoes (fresh)
- ◆4 t. oil
- ◆4 t. flour
- ◆2 c. light cream
- ◆3 c. water
- ◆1 t. salt
- ◆1 t. pepper

Clean tomatoes, cut into pieces and boil in water for one hour. Strain tomatoes well, removing skins, seeds, etc.

Stir oil and flour together until smooth and blend into strained tomatoes.

Add salt and pepper.

Cook over low heat for 15 minutes.

Add cream to tomato mixture, stirring constantly, and heat until hot. (DO NOT BOIL)

Serve with naun bread.



Remove carrots from fat and add:

- ◆1 c. dark seedless raisins.

Cook until they begin to swell up. Remove and set aside with the carrots. If almonds are used they should also be lightly browned in the fat and set aside. Save the fat for the rice.

Optional additions:

- ◆1/8 t. saffron
- ◆2 t. blanched almonds
- ◆2 t. blanched pistachios--crushed or whole

To cook the rice, boil the meat juice and add

- ◆2 c. long grain rice
- ◆1 1/2 t. salt
- ◆Boiling water sufficient to bring level of liquid 2 inches above the rice

Cook until all water is absorbed and rice is tender. Test for doneness by removing one grain and squeezing between thumb and finger. Add to the cooked rice:

- ◆The oil in which carrots were cooked
- ◆Saffron if this is used

Mix gently through the rice.

To complete cooking and blend flavors:

Put meat and rice in a large casserole, cover, and set in a 300OF oven for 20-30 min.

To serve: Place the meat in the center of a large platter. Mound the rice over the top and sprinkle with carrots, raisins, almonds, and pistachios, if these are used.

Serves 6-8.

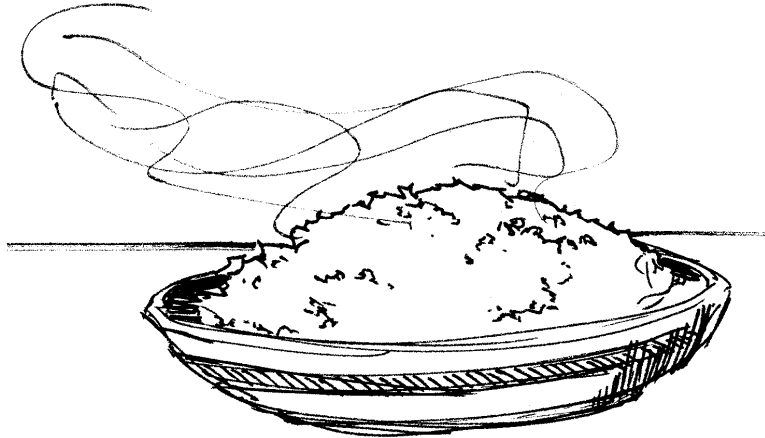
Palow

Ingredients:

- ♦ 3 cups long grain rice
- ♦ 3 T. vegetable oil (or butter)
- ♦ 2 T. salt
- ♦ 1/2 cup sugar
- ♦ 2 qts. water (boiling)

Cook rice in water with 1 tsp. salt until tender. Strain and place in an ovenware dish. Stir sugar in a pan over medium heat until color is dark golden brown. Add 1/2 cup water, oil and 1 tsp. salt to sugar. Stir well and pour over rice in casserole. Cover with a cloth and lid and bake for 25 minutes in 300°F oven.

Serves 6 .



Quabili Palow Dampukht (with Carrots and Raisins)

This is probably the most widely known and popular of the many palows. As the phonetic spelling indicates the name has nothing to do with Kabul, a common misconception. Quabili Palow Sauf Kardagee is made the same except that the rice is cooked in salted water and drained, then combined with meat. Heat in a kettle or pressure pan:

- ♦ 1 C. (1/2 c) vegetable fat

Dice and add to fat:

- ♦ 1 medium onion

Fry until onion is lightly browned

Add ♦ 1 lb. of beef or lamb cut in serving pieces. Chicken may be used, whole or disjointed, instead of beef or lamb. Adjust other ingredients in proportion.

Brown lightly.

Add

- ♦ 2 c. water
- ♦ 1 t. salt
- ♦ 1 to 1 1/2 t. mixed spices (equal parts of cinnamon, cloves, cumin, and cardamom) ground

Cover and simmer, or cook under pressure, until the meat is tender. Remove the meat from the juice and set aside. The juice will be used for cooking the rice.

Wash and scrape or peel ♦ 2 medium carrots

Cut in toothpick-sized pieces

Heat in a small sauce pan:

- ♦ 1/2 c. (1/4) vegetable fat

Add ♦ 1 t. sugar and cut-up carrots

Cook until carrots are lightly browned. If carrots are too tough add 1/2 c. water.

Simmer until tender and water is evaporated.

(Continued next page)

Naurinj or Zarda Palow (Orange)

This is quite a sweet palow and another very popular dish with both Afghans and foreigners.

Prepare for cooking:

- ◆ 1 medium chicken, whole or disjointed

Heat in a kettle or pressure pan:

- ◆ 2 c. (1/2 c.) vegetable fat

Fry chicken in fat until light brown

Add to the chicken:

- ◆ 1 large onion, sliced
- ◆ 1 1/2 t. salt
- ◆ 6 c. water

Simmer or cook under pressure until chicken is tender. Remove chicken from broth for the last steps of the cooking.

Wash and cut up:

- ◆ 1/2 c. orange peeling, cut in toothpick size pieces

To remove the bitter taste put orange strips in a strainer and dip several times in boiling water alternating with cold water. Set aside.

Make a syrup by bringing to a boil:

- ◆ 2 c. water
- ◆ 2 1/2 c. sugar

Add to the boiling syrup

- ◆ the orange peel
- ◆ 1/2 c. blanched almonds, cut lengthwise
- ◆ 1/2 c. blanched pistachios

Boil 10 to 15 min. Strain and set aside the orange peel and nuts.

Add to the syrup

- ◆ 1/2 t. or more saffron

Boil an additional 5 min. Set aside until rice is cooked.

(Continued on next page)

Chalow (White Rice)

Combine:

- ◆ 3 c. long grain rice
- ◆ 1 t. salt
- ◆ 2 qts. boiling water

Cook until rice is tender. Strain and place rice in an ovenware dish

Mix:

- ◆ 1/4 c. vegetable oil
- ◆ 1/2 c. water
- ◆ 1/2 t. salt

Pour over drained rice and toss gently with pancake turner or large rice server (qafgeer) until fat coats all rice. Cover and place in 300OF oven for 20 to 30 min. to complete cooking.

To serve: Mound rice on a large platter. If desired pour over the rice an additional 1/4 c. vegetable oil or melted butter Meat is not cooked with chalow but a meat or vegetable sauce, recipe following, is a common accompaniment.

Saulan or Qurma (Sauces served with chalow)

Cut in 1 inch cubes:

- ◆ 1 1/2 lb. lean, boneless, beef or lamb

Heat in kettle or pressure pan:

- ◆ 1 c. (3/4 c.) vegetable fat

Add and brown lightly:

- ◆ cubed meat
- ◆ 2 medium onions, sliced
- ◆ 2 cloves garlic, ground

Add:

- ◆ 1 1/2 t. salt
- ◆ 1/4 t. black pepper

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- ◆ 1/2 t. red pepper
- ◆ 1 c. water
- ◆ 1/4 c. dry peas (daul nakhut) **or**
1/4 c. white-beans that have been soaked overnight

Cook until meat is tender. This is the basic saulan, but there are many variations. If other vegetables are added the dry peas or white beans are omitted. Some suggested possibilities are:

1 lb. cauliflower, cabbage, or spinach

1 lb. fresh peas or fresh green beans

2 lb. egg plant or summer squash

Used individually or combined as desired, not to exceed 1 1/2 lb. total

Vegetables should be sliced or diced to the size of the meat or smaller. After meat has cooked until tender and water is evaporated, push the meat aside and add sliced or diced vegetables. Brown lightly.

Add:

- ◆ 1/4 to 1/2. c. water to complete cooking of the vegetable

To serve: a small amount of the sauce may be used on the chalow as a garnish. The remainder is served in a bowl as an accompaniment.

Serves 8.

To cook rice

- ◆ 2 c. long grain rice
- ◆ 2 qts. boiling water
- ◆ 1 t. salt

Cook until tender--test by removing one grain and squeezing between thumb and forefinger. Drain, rinse rice with cold water. While rice is still in strainer, add:

- ◆ nuts and peel, reserving 3 to 4 T. for garnish

Pour hot syrup over rice, and into a kettle for further use

To complete cooking and combine flavors, place in a large casserole:

- ◆ 1/2 the rice
- ◆ the chicken
- ◆ remaining rice

Mix syrup with:

- ◆ 3 c. chicken broth

Pour over chicken and rice in casserole.

Cover. Heat in a 300OF oven for 20-30 mins.

All liquid should be absorbed.

To serve: place chicken in the center of a large platter. Mound the rice mixture over the chicken and garnish with the orange peel and nuts reserved for that purpose.

Serves 6.

Kofta Chalow (Rice with meat balls)

Combine:

- ◆ 2 c. long grain rice
- ◆ 1/2 t. salt
- ◆ 2 qts. boiling water

Cook until rice is tender. Strain and place rice in a casserole.

Mix:

- ◆ 1/4 c. vegetable oil
- ◆ 1/2 c. water
- ◆ 1/2 t. salt

Pour over drained rice, toss gently with pancake turner or large rice server (qafgeer) until fat coats all rice. Cover and place in 300°F oven for 20 to 30 min. to complete cooking.

Boil until soft:

- ◆ 1 T. yellow split peas

Drain, mash, and set aside

Grind:

- ◆ 1 lb. boneless lamb or beef
- ◆ 1 small onion
- ◆ 2 cloves garlic

Mix together well:

- ◆ meat and onion and garlic
- ◆ 1 t. coriander, ground (dry gashneech)
- ◆ 1 t. cumin (zerah)
- ◆ 3 black peppercorns, ground (1/2 t.)
- ◆ 1 t. salt

Optional spices--1/4 t. ground cardamom, 1/4 t. ground cinnamon
mashed split peas

Shape into small balls 1 inch in diameter. Heat in saucepan:

- ◆ 1/2 c. vegetable fat

Add and brown lightly:

- ◆ 1 small onion, diced

Add and brown the meatballs

Add and cook for 10 min. ◆ 1 c. maust (yogurt)

To serve: Place meatballs and sauce on a platter. Mound chalow over the top. Do not mix. Optional addition over rice: 1/4 c. vegetable oil or melted butter.

Surkh Shuda (Fried)

Soak overnight in cold water

- ◆ 1/2 c. dry yellow peas

Drain. Cut in small pieces for boiling and place in kettle or pressure pan:

- ◆ 2 lb. boneless lamb

Add:

- ◆ 1 1/2 t. salt
- ◆ yellow peas
- ◆ 1 c. water

Cook until meat and peas are soft and water is absorbed

Peel and boil until tender:

- ◆ 2 medium potatoes

Grind together and place in a mixing bowl:

- ◆ meat, ◆ peas, ◆ potatoes, cooked
- ◆ 1/2 c. parsley (green gashneech)
- ◆ 1 medium onion

Add and mix thoroughly:

- ◆ 1 T. coriander, ground (dry gashneech)
- ◆ 1/2 to 1 t. black pepper
- ◆ 2 T. flour
- ◆ 1/2 t. salt
- ◆ 2 medium eggs

Shape with the hands like frankfurters--4 inches long and 1 inch in diameter. Use 1/3 c. meat mixture for each kabaub

Peel and cut each in 8 wedges:

- ◆ 4-5 medium potatoes

Heat deep fat. Fry kabaubs until nicely browned. Remove, drain and keep hot while potatoes are fried, drained, and salted. Serve potatoes and kabaub together on a platter garnished with lime halves, sliced onions, tomatoes, and parsley (green gashneech).

Frying in shallow fat is also satisfactory although not as fast. Serves 6.

Shaume Kabaub (Damascan Kabaub, actually fried lamb patties)

This kabaub is very tasty but may be strong of onion for some.

Set aside:

- ◆ 1/4 c. ground onion

Grind together:

- ◆ 2 lb. boneless, lamb, lean meat
- ◆ 1/4 lb. lamb fat
- ◆ 1 medium onion, sliced

Mix and shape into balls the size of a walnut:

- ◆ ground meat, fat, and onion
- ◆ 1 1/2 t. salt
- ◆ 1/4 t. black pepper
- ◆ 1/4 t. ground cardamom
- ◆ 1 t. ground coriander (dry gashneech)

Prepare:

- ◆ 1 1/2 c. chopped parsley (green gashneech)
- ◆ 1 medium green sweet pepper, chopped

Flatten each ball and in the center put a little of the chopped parsley, green pepper, and ground onion. Shape the meat around this filling and then flatten into a patty about 2 inches in diameter

Heat in frying pan:

- ◆ 1 c. vegetable fat

Fry patties until nicely browned and cooked through. Remove to a warm platter. Optional: Cover with hot tomato sauce or catsup and serve at once.

Serves 6-8.

Kabaub (Grilled)

This is the most common, and probably the most popular kabaub. They are traditionally cooked over charcoal that is kept glowing with the use of the kabaub fan. Charcoal kabaub cookers are ventilated metal boxes about 5 inches wide, four inches deep, and 2 to 3 feet long. Meat is threaded on kabaub skewers just in the right amount to fit over the fire, the skewers are laid over the fire box crosswise and are turned frequently during the cooking. Kabaubs can also be cooked in an electric or gas broiler quite satisfactorily.

Mix in a medium sized bowl:

- ◆ 1 c. yogurt or sour cream (maust)
- ◆ 1 1/2 t. salt
- ◆ 1/2 t. red or black pepper
- ◆ 3 cloves garlic, ground or chopped very fine

Cut in 1 x 1 x 1 1/2 inch pieces:

- ◆ 1 lb. boneless lamb
- ◆ 1/2 lb. lamb fat

Add meat and fat to yogurt mixture, mix well, and marinate it four hours or overnight. To cook: thread meat and fat alternately on 10 kabaub skewers. Broil and serve immediately.

To serve: place on a serving platter 1 lawausha, folded in two crosswise. Remove kabaubs from skewers and place inside the fold of bread. Garnish the meat with slices of tomato, onion, lemon or lime. Fold the other half of the bread over the meat to keep it warm. Serve at once.

Note: You may want to add cherry tomatoes, sliced onions and green pepper to the kabaub before grilling. Middle Eastern bread may be substituted for the home made lawausha.

Kofta Kabaub (Ground meat kabaub, grilled)

Mix in a bowl:

- ◆ 1 lb. ground lamb or beef
- ◆ 1 t. salt
- ◆ 1/2 t. black pepper
- ◆ 3 cloves garlic, crushed

Cover and allow to stand overnight in the refrigerator. Just before cooking shape meat into balls the size of a walnut.

Alternate on skewers with:

- ◆ 1/4 lb. fat meat cut in 1 inch cubes

Use six on each skewer. Cook over charcoal until about half done, turning to cook evenly. Remove and set aside. Just before serving, complete the cooking.

To serve: Double crosswise on a platter one thin naun--lawausha or parakee. When kabaubs are cooked, slip them from skewers into the inside of the fold of bread. Around the meat arrange mint leaves lemon slices or lime halves.

Serve with the bread folded over to keep kabaubs warm.

Alternate method:

Omit garlic from the ground meat. Use as a marinade for the cubes of fat only

- ◆ 1/2 c. yogurt or sour cream
- ◆ 1/4 t. salt
- ◆ 3 garlic cloves, ground

Allow this to stand overnight before cooking. The rest of the recipe is exactly the same as above.

Kabaub-e-Murgh (chicken kabaub)

Prepare for cooking and refrigerate

- ◆ 1 medium chicken, whole

Before cooking, brush with melted fat or cooking oil.

Continue brushing with oil throughout the cooking, using in all:

- ◆ 1/2 c. melted fat or cooking oil

After oiling, rub chicken with

- ◆ 2 t. salt
- ◆ 1 t. black pepper
- ◆ 2 garlic cloves, ground

Cook on rotisserie or in 350°F oven until nicely browned and cooked through and tender--1 1/2 to 2 hours. During the last half hour mix the last of the oil with

- ◆ 1/2 c. tomato sauce

Baste with this until all is used and cooking is completed

To serve: Place on a large serving platter:

- ◆ 1 lawausha - naun

Place the chicken in the center.

Surround with:

- ◆ sliced hard cooked eggs
- ◆ mint or parsley (fresh gashneech)

Over the chicken place:

- ◆ a second lawausha

Serve at once, disjointing as it is served.

Qurma Rui Naun (Fried bread with meat sauce)

This dish has been recommended by recipe testers as a good appetizer with cocktails as well as the main dish for a meal.

Heat in a sauce pan:

- ◆ 1 c. (1/2 c.) fat

Add and brown:

- ◆ 1 large onion, finely diced

Remove from heat and add:

- ◆ 2 c. water
- ◆ 1/4 c. tomato juice
- ◆ 1/4 to 1/2 t. black pepper
- ◆ 1/8 to 1/2 t. red pepper
- ◆ 1 t. salt
- ◆ 1 lb. boneless lamb cut in 1/2 inch cubes

Cover and cook until meat is tender and water is evaporated.

Uncover to complete evaporation

Cut:

- ◆ 1/2 of a regular naun in 4 inch triangles

Heat in frying pan:

- ◆ 1/2 c. to 1 c. vegetable fat

Fry naun triangles until lightly browned but not too crisp. Put half the fried bread on a warm platter, spread the meat sauce over the bread and Sprinkle with:

- ◆ 1 T. ground coriander (dry gashneech)

Garnish with the remaining fried bread and serve hot.

Serves 3-4.

Da Pyaza (Boneless lamb with onions)

Ingredients:

- ◆ 1 lb. lean lamb, cubed
- ◆ 1 c. water
- ◆ 1 medium clove of garlic, peeled and crushed
- ◆ 1 1/2 t. salt
- ◆ 1 t. coriander ground (cilantro)
- ◆ 1 onion chopped

- ◆ 2 red onions, large, peeled, cut in half, and sliced lengthwise
- ◆ 1/4 t. black pepper or hot red pepper
- ◆ 2 tomatoes medium, coarsely chopped
- ◆ 3/4 c. of apple cider vinegar
- ◆ 2 T. chopped fresh coriander (leaves)
- ◆ 1 pkg. Middle Eastern Bread

In 3 qt. saucepan combine 1 T. vinegar and first 6 ingredients; cover pan and simmer until the meat is cooked. Meanwhile soak sliced onions in rest of vinegar for at least 20 minutes. Drain. When your meat is tender, most liquid should be evaporated and you are ready to serve it over bread, garnished with the marinated onions, tomatoes, and coriander. Salt and pepper according to your taste.

Awsh (a moist noodle dish with meat)

Awsh Dough

Place in a bowl:

- ◆ 3 c. sifted white flour
- ◆ 1 t. salt

Add:

◆ 7/8 c. cold water and mix to make a very stiff dough--like noodles. If additional water is needed add it by the teaspoonful. Shape in 3 balls, cover, and allow to stand 20 min. Roll out on a floured board until very thin (1/16 inch). Roll each piece in a tight roll and cut into fine strips with a sharp knife. Toss with a little flour and allow to dry on the board. These may be cooked at once or stored in a covered jar for use later.

Drain yogurt at least 1 hour prior to use to yield:

- ◆ 1/2 to 1 c. thick yogurt (chaka)

Soak overnight:

- ◆ 1/2 lb. dry yellow peas
- ◆ 1/2 lb. red beans

Boil peas and beans until soft in

- ◆ 2 c. water including water in which they were soaked
- ◆ 1/4 t. salt

After cooking is completed drain off about half the liquid, retain the rest. In another kettle boil until tender

- ◆ 5 c. dry noodles in
- ◆ 8 c. water with
- ◆ 1 T. salt

Drain

Optional addition

- ◆ 1 c. chopped spinach

Add the spinach to the boiling noodles when they are almost cooked.

In a saucepan heat

- ◆ 1 c. (1/2 c.) vegetable fat

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Aushak (Ravioli) with Gondona filling (leeks) Aush Dough

Place in a bowl and mix:

- ◆ 3 c. sifted white flour
- ◆ 1 t. salt

Add:

- ◆ 7/8 c. cold water

Stir to form a very stiff dough (noodles). This is the same dough as that used for awsh. Divide dough into 3 balls, cover, and set aside.

Leek Filling

Wash:

- ◆ 1 bundle of leeks

Cut in 1/4 inch pieces and wash again. Squeeze with hands to remove water

Place in a bowl:

- ◆ 2-3 c. chopped leeks
- ◆ 1 t. salt
- ◆ 1/2 t. red pepper

Mix and squeeze to remove more water

Add:

- ◆ 1 T. vegetable oil, set aside

Chaka and Qeema (yogurt and meat sauce)

Drain about 1 qt. yogurt to yield 2 c. (chaka)

Place in bowl and mix:

- ◆ 2 c. drained yogurt
- ◆ 3 cloves fresh garlic, ground or 1/2 t. dried
- ◆ 1 t. salt

Set aside

To prepare meat sauce, heat in a saucepan:

- ◆ 1 c. (1/2 c.) vegetable oil

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Add and brown

- ◆ 1 medium onion, chopped

Add:

- ◆ 1 lb. ground beef, crumbled
- ◆ 1/2 t. salt
- ◆ 1 t. black pepper

Brown the meat

Add:

- ◆ 1 1/2 c. tomato juice
- ◆ 2 c. water

Boil until liquid evaporates and sauce is oily

To prepare dough: Roll out one ball of dough on a floured board until it is very thin (1/16 inch). Cut with a round cutter 1 1/2 to 2 inches in diameter or in squares the same size. Put a few of the drained leeks on half the dough, moisten edges and seal shut tightly. They should not open during the cooking. Place on tray or cookie sheet and cover until all are prepared, repeating this process with the remaining dough and leeks.

Heat in a kettle

- ◆ 2 qts. water

Drop several aushaks-in at a time using a little cold water to keep from boiling over. Boil for 10 min. Place 1/2 chaka on serving platter. Lift cooked aushaks with slotted spoon, arrange on chaka. Cover with remaining chaka.

Sprinkle with

- ◆ 1 T. ground dry mint (naunau)

Top with meat sauce and serve at once.

Serves 6-8.

Crumble into the fat and brown lightly

- ◆ 1 1/2 lb. ground beef or lamb

Add to the meat and mix well

- ◆ 1 1/2 t. salt

Combine:

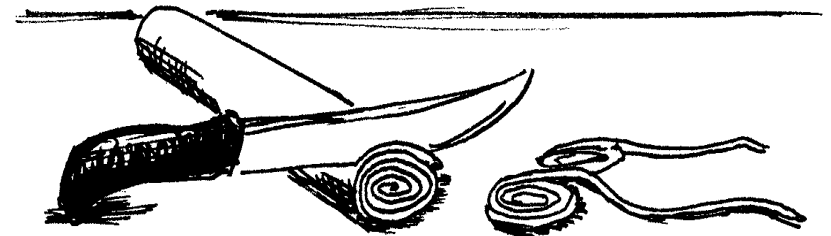
- ◆ noodles
- ◆ peas and beans with some juice
- ◆ drained yogurt
- ◆ 1 to 1 1/2 t. dried mint or 2 T. fresh mint
- ◆ 1/4 to 1 t. red pepper
- ◆ 1-2 t. coriander or 1/2 to 1 c. parsley (green gashneech)

Mix well.

Top with fried meat and oil .

To serve: Serve in soup plates. There should be about 1/2 c. of liquid for each soup plate of awsh. It is a moist noodle dish but not really a soup. Since the flavors blend with standing it might be well to prepare this ahead of time and reheat for serving.

"Awsh is a traditional dish and is usually very hot with red pepper--which makes it a useful treatment for clearing out a head cold."



MANTU (Appetizer)

Mantu is one of the most typical dishes from the northern parts of Afghanistan and is highly favored by Afghans as well as many foreigners. Mr. Ansary gave us this recipe that uses Chinese wonton wrappers instead of the traditional dough. It is easy and fast to prepare.

Ingredients:

- ◆ 1 pkg. Chinese wonton wrappers
- ◆ 1 lb. ground beef
- ◆ 2 large onions, finely chopped
- ◆ 1 c. yogurt (plain)
- ◆ 1/4 t. garlic powder (to taste)
- ◆ 1 t. mint powder
- ◆ 1/2 t. black pepper
- ◆ 1/4 t. salt (to taste)
- ◆ 2 T. vegetable oil (butter or margarine may be substituted)
- ◆ 1 egg white (slightly beaten)
- ◆ 1 t. red pepper (optional)

Prepare egg white in small dish

Mix meat, chopped onions, salt and pepper. Blend thoroughly. Place small amount of meat mixture (approximately 1 tablespoon) in middle of each wrapper. Using small basting brush or fingers, moisten edges of wrapper with egg white. Fold wrapper diagonally and squeeze edges together (forming turnover shaped triangle) or bring all four corners together and crimp (as with pastry shells).

Steam prepared mantus over moderate heat approximately 30-45 minutes. Blend yogurt and garlic powder until smooth, then spread mixture onto medium sized platter. Place steamed mantus on top of yogurt on platter. Warm shortening and pour over mantus. Sprinkle with mint powder (red pepper may be used if spicy dish is preferred). Serves 4.

Add:

- ◆ chopped onion

Fry until light brown

Add:

- ◆ 2 c. water
- ◆ 1/2 c. or more of tomatoes, fresh or canned
- ◆ meat balls

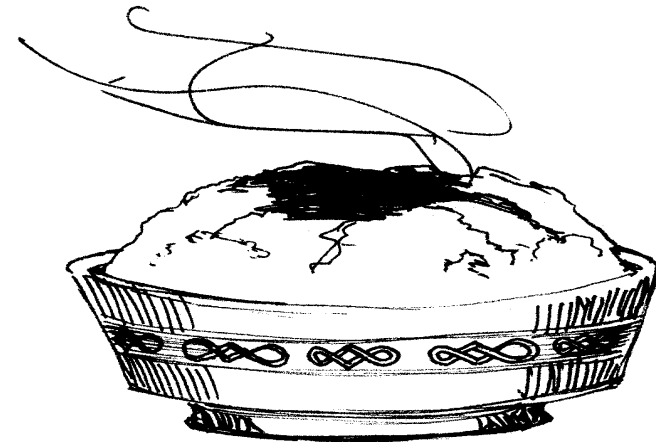
Cook until water evaporates.

Drain yogurt at least 1 hr. to yield 3 c. drained (chaka)

To serve: Mound vetch and rice on a large platter and shape with the back of a spoon. Make a well in the top, fill with drained yogurt, top with ground meat and some of the sauce. Put the remaining meat and sauce in a bowl and serve as an accompaniment.

"The people of Kabul serve this dish especially on the first, second and third day of Eid as well as on other festive occasions."

Serves 6 .



Sambosay Goshti (Fried meat turnovers)

Pastry:

Sift and measure into a mixing bowl:

- ◆ 2 c. white flour

Add and mix well

- ◆ 1 t. baking powder
- ◆ 1 t. salt

Cut in until mixture is like coarse meal

- ◆ 1/4 c. butter or vegetable fat

Beat slightly

- ◆ 2 eggs plus water to equal 1/2 c. total

Stir into the flour mixture until a firm dough is formed--like pie crust. Shape the dough into two balls, cover to prevent drying, and allow to stand for 15 min. To roll out: flour board and rolling pin and roll one ball of dough to paper thinness--about 22 inches in diameter. Dust lightly with flour and fold the circle back on itself in folds 3 to 3 1/2 inches wide--7 or 8 folds. Press the resulting oblong strip with the rolling pin until layers are well pressed together. The strip will now be stretched to 30 to 32 inches in length. Try not to stretch in width. Cut the dough in squares, 8 or 10 of them, depending on how thin a dough was achieved. On one half of each square spoon some of the filling, dampen two adjacent edges and fold diagonally and seal shut. Fry in deep fat 375°F until light brown, remove from fat and drain. Repeat with the second ball of dough. These may be served either hot or cold.

Meat filling

Cut into cubes for boiling

- ◆ 1 lb. boneless beef or lamb

Place in a saucepan or pressure pan and add

- ◆ a small amount of water
- ◆ 1 t. salt

Cook until the meat is tender. Remove meat from juice and grind.

(Continued on next page)

Kichree Quroot-e Kofta-Daur (a meat-rice dish with yogurt)

Quroot is a dried sour milk that is sold in balls in the bazar. To use in cooking it is ground in a mortar and reconstituted with water. Drained maust or yogurt will have essentially the same flavor and texture and sour cream could be substituted for drained maust quite satisfactorily.

Wash

- ◆ 1 c. short rice
- ◆ 1/2 lb. vetch (maush) (green split peas can be substituted)

Grind vetch in a mortar.

Place in a large kettle and boil together:

- ◆ rice vetch
- ◆ 1 1/2 t. salt
- ◆ water to come to 2 inches above the rice
- ◆ 1 c. (1/2 c.) vegetable oil

Boil until rice is soft and water is evaporated. Continue the cooking slowly for 30-45 min., covered, in a 300°F oven.

Kofta (meat sauce)

Grind together

- ◆ 1 1/2 lb. boneless lamb
- ◆ 2 medium onions
- ◆ 2 t. coriander (dry qashneech)

Add to meat and onions

- ◆ 1 t. salt
- ◆ 1 t. red pepper

Mix well, Shape into small balls 1/2 inch in diameter.

Chop:

- ◆ 1 medium onion

Heat in sauce pan

- ◆ 1 c. (1/2 c.) vegetable fat

Heat:

- ◆ 1/2 c. vegetable fat

Add:

- ◆ Meat
- ◆ 1/4 t. pepper
- ◆ Additional salt if needed

Cook in fat until meat is lightly browned. Spoon on pastry squares, seal and brown as directed above.

Sambosay (meat and onion filled pastry)

This is our short cut version of the preceding recipe. We think it is tasty and easier and faster to prepare.

Ingredients:

- ◆ 1 T. oil
- ◆ 1 lb. ground beef
- ◆ 1 med. onion (finely chopped)
- ◆ 1 pkg. Chinese wonton wrappers
- ◆ 1/4 tsp. black pepper
- ◆ 1/2 T. salt
- ◆ 1/2 cup oil for frying

Combine 1 T. oil, onion, meat and seasoning and cook for 15 minutes over medium heat; do not fry, stirring as needed. Drain excess fat and juice. Put small amounts of this filling on one side of each wonton wrapper. Roll wonton up. Moisten all ends and seal tightly. Deep fry meat rolls in 1/2 cup oil.

Dolmay Barq-e-Karam (Stuffed Cabbage Leaves)

This filling can also be used for stuffing egg plant, green peppers, grape leaves, or lettuce leaves.

Place in sauce or pressure pan :

- ◆ 1 lb. lean, boneless beef or lamb, cut in pieces for boiling
- ◆ 1 t. salt
- ◆ 2-3 c. water

Cook until the meat is tender, lift meat from broth and grind meat .

Separately grind:

- ◆ 1 medium onion

Heat in a small pan:

- ◆ 1/2 c. vegetable fat

Add ground onion and brown. Remove onion from fat, save fat for later use

Mix in bowl:

- ◆ 2 c. ground cooked meat
- ◆ browned onion
- ◆ 1 beaten egg
- ◆ 1/2 t. salt
- ◆ 1/4 c. short rice
- ◆ 1/4 c. bread crumbs

Remove 8 outer leaves from a head of cabbage. Drop in boiling salted water and boil for two minutes. If the main vein is heavy cut it out. To stuff leaves: put 1/4 to 1/3 c. meat mixture on each leaf. Roll tightly and lay in a single layer in the bottom of a kettle.

Add:

- ◆ fat used for frying
- ◆ 1 c. meat broth

Cook covered for 25 minutes, adding additional broth if needed. Since this dish really improves with standing it would be a good idea to cook these in the morning and then reheat just before use. Serve on a warm platter with a little of the juice spooned over. Serves 6-8.

**Dolmay Murch-e Sheereen
(Stuffed Green Pepper)**

This filling and method can also be used for stuffing other vegetables such as egg plant, summer squash, cabbage, lettuce, and grape leaves. This recipe is a little more spicy.

Heat in kettle:

- ◆ 1/2 c. fat

Add:

- ◆ 1 medium onion, diced

Brown lightly, remove from fire and cool a little. To the fat and onion add:

- ◆ 5 c. water
- ◆ 1/2 t. salt
- ◆ 1 c. tomato juice

Boil gently to develop flavor For the filling, mix in a bowl:

- ◆ 1 1/2 lb. ground lamb or beef
- ◆ 1/3 c. short rice
- ◆ 1/2 t. black pepper
- ◆ 1 t. salt
- ◆ 1 t. ground coriander

Cut off stem end and remove the seeds of 4 large green peppers Fill with meat filling, fasten tops_on with toothpicks and place in the sauce. Cover and cook slowly, turning frequently, until meat is done and water is evaporated. Serve on warm platter with some of the sauce spooned over. Cooking time will probably be 30 to 45 minutes.

**Relish - Cilantro Chatni
(mainly served as appetizer)**

You may make a whole batch of this and keep refrigerated. Keeps well for a long time. Serve it when you cook rice or other dishes.

Ingredients:

- ◆ fresh coriander (cilantro) 8 to 10 branches
- ◆ walnuts, 1 lb.
- ◆ apple cider vinegar, 2 cups
- ◆ 2 T. salt
- ◆ 2 cloves of garlic
- ◆ hot red pepper (if you like it hot)

How to prepare:

Blend or grind the cilantro, garlic, pepper, and walnuts. Combine all ingredients and knead thoroughly.

Place mixture in a large jar, pour the vinegar over it, and shake well. Serve as a relish with your meals.

Buraunee Baunjaun
(Fried Eggplant with Yogurt)

Combine and mix well:

- ◆ 1 c. drained yogurt (maust)--drained at least one hour.
Sour cream could be substituted
- ◆ 3 cloves fresh garlic chopped or 1 t. dried
- ◆ 1 t. salt

Set aside. This mixture is called chaka and is used in a number of meat and vegetable dishes.

Wash, peel, and slice in 1/2 inch slices lengthwise:

- ◆ 3 medium egg plants

Score slices lightly with a knife, spread on a board or flat pan and sprinkle with: ◆ 1/2 t. salt

Allow to stand 10-15 min. to draw out some of the water

Wipe dry

Heat in kettle or frying pan:

- ◆ 1 c. vegetable fat

Fry egg plant slices until light brown, remove and set aside.

Dice very fine and add to fat:

- ◆ 1 medium onion

Fry until lightly browned

Add to fat and onion:

- ◆ egg plant slices
- ◆ 1 t. salt
- ◆ 1/2 c. tomato sauce or
- ◆ 1 c. tomato juice
- ◆ 1/4 t. red pepper
- ◆ 1/4 c. chopped green pepper (1/2 pepper)
- ◆ 1/4 c. water

Cook slowly until egg plant is tender, adding more water if necessary but evaporating it down for the sauce after egg plant is cooked.

To serve: Put 1/2 of the chaka (yogurt and garlic) on a serving platter. Arrange egg plant slices, top with remaining chaka and spoon some sauce over top. Serves 4-6. Serve with naun and kabaub.

Boolaunee
(Fried turnovers with leeks)

Stir together in a mixing bowl:

- ◆ 6 c. sifted white flour
- ◆ 2 t. salt

Add and mix and knead to form a stiff, elastic dough like bread dough:

- ◆ 1 3/4 to 2 c. water

Cover dough and set aside

Sort and wash carefully

- ◆ 1 lb. leeks

Cut into 1/4 inch pieces--there should be 4 c. after chopping
Put in kettle of water and wash again. As they are removed from this water squeeze with the hands to remove water and place in another bowl

Add to the chopped, drained leeks

- ◆ 1 1/2 t. salt
- ◆ 1/2 t. red pepper

Squeeze the leeks with hand until they begin to soften

Add

- ◆ 1 T. vegetable oil

Mix and set aside

To prepare dough--divide and shape into balls the size of walnuts. This recipe should yield 18 or 20 of this size. Roll each circle out very thin on a lightly floured board to no more than 1/16 of an inch. The diameter of the circle should be 9 to 10 inches. If these appear tough after cooking it will be because the dough was not rolled thin enough. On half of each circle spread:

- ◆ 3 to 4 T. drained leeks

Moisten the edges of the dough, fold over half and seal shut

In a shallow pan heat:

- ◆ 1 1/2 c. vegetable fat for frying

(Continued on next page)

Fry one or two boolaunee at a time, browning well on both sides. Keep warm until all are finished. Serve warm.

"Boolaunee is served on picnics, birthdays, and for other parties. It is very delicious and popular with most Afghans."

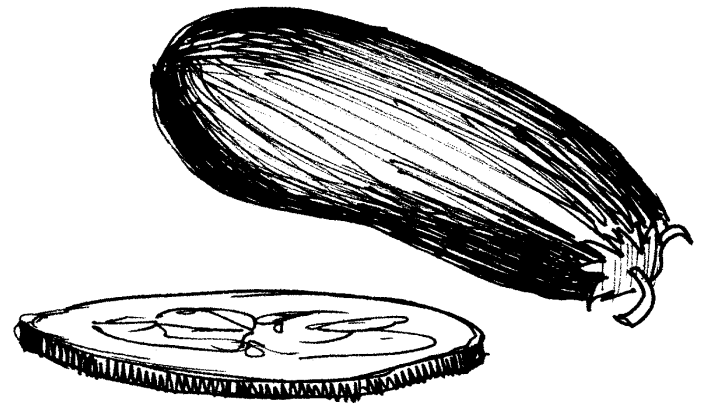


Eggplant Buraunee (with meat and tomato sauce)

Ingredients:

- ◆ 2 lbs. eggplant
- ◆ 1/2 lb. margarine
- ◆ 1 medium size chopped onion
- ◆ 1 lb. tomatoes, peeled and quartered
- ◆ salt and pepper to taste
- ◆ 1 lb. plain yogurt mint or coriander seasoning
- ◆ 1 8-oz. can tomato sauce
- ◆ 1 tsp. garlic powder

Peel eggplant and slice in one-half inch thick pieces, fry eggplant slices in margarine until golden brown; remove and set fried eggplant aside. In same pan fry chopped onion until lightly brown, add ground beef and brown lightly also (should be tender). Add tomatoes and tomato sauce and simmer for 20 minutes. Salt and pepper to taste. Blend yogurt with salt and garlic powder and spread over platter, top with fried eggplant and top with meat sauce.



Mayway Nowrozee, or Haft Maywa (Dried fruit compote)

This is a traditional dish served on New Year's (Mayway Nowrozee) and the alternate name suggests that it was composed of seven dried fruits (Haft Maywa). Apparently different families have developed their own traditional combinations and fortunately these are very flexible since some of these are not available outside Afghanistan. For example: dried white apricots (shakar paura), large black raisins with seeds (muniqa), green raisins (kishmish-e sabz), and dried apricot seeds. Senjid also is not a western fruit. It looks a little like a very small date, although more red-in color, has a large pit, bland flavor, and mealy texture. The complete recipe we have compiled is very delicious, however, and if one wishes to follow Afghan tradition this would be served to all guests who come to the house on New Year's Day--March 21st.

Wash all of the ingredients. In one bowl place:

- ◆4 c. dried apricots
- ◆4 c. dark seedless raisins
- ◆2 c. light raisins

Cover with cold water to 2 inches above the fruit. Cover and set aside for two days.

In a second bowl place:

- ◆2 c. English or California walnuts (Persian walnuts)
- ◆2 c. pistachio nuts
- ◆2 c. dried apricot seeds or almonds

Add water the same as above, cover and set aside.

As the skins soften on the nuts they should all be peeled. After the two days of soaking combine:

(Continued on next page)

Maughoot (Cornstarch Pudding)

Blanch and shred:

- ◆1/4 c. almonds

Mix together:

- ◆1/4 c. cornstarch
- ◆1/2 c. cold water

In a sauce pan boil:

- ◆2 c. water
- ◆1/8 t. salt
- ◆shredded almonds
- ◆1 c. sugar
- ◆1/4 t. ground cardamom
- ◆1/4 t. ground saffron

Blend in the cornstarch and water paste, stirring constantly. Cook over a low fire 2 minutes or until clear. Remove from heat and divide mixture on two salad plates. It should flatten out completely.

Crush or grind:

- ◆1/2 c. pistachios

Garnish the plates of pudding in this manner. Sprinkle ground pistachios in 2 lines across the pudding dividing into wedge shaped quarters. In the center of each quarter make a small circle of the pistachio. This divides each plate into four servings and each person removes his portion to his own plate for eating. 8 small servings.

A similar pudding, Firnee, is made with milk.

Daygcha (Short Rice Pudding)

In a sauce pan boil:

- ◆ 2 c. water

Add:

- ◆ 1/8 t. salt
- ◆ 1 c. short rice
- ◆ 1/2 c. butter or vegetable fat

Boil until rice is soft when a grain is tested between thumb and finger. All the water should be absorbed, add more if needed.

Add:

- ◆ 2 c. milk
- ◆ 1 c. sugar
- ◆ 1/2 t. ground cardamom

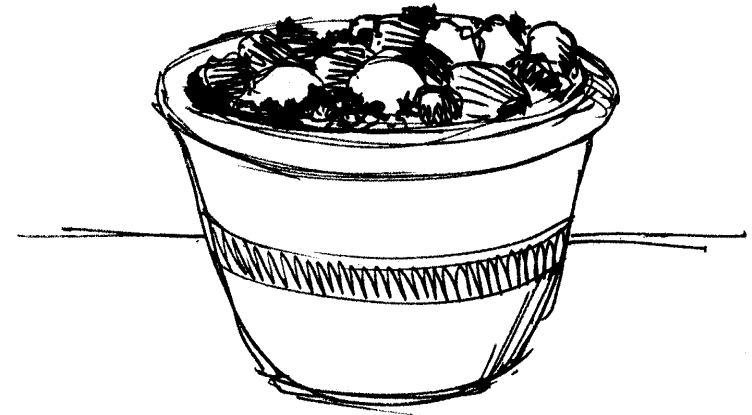
Cook slowly until all liquid evaporates, stirring frequently to prevent scorching. To complete cooking cover and put pan in a 300OF oven for 20-25 min. Remove to a large platter, cool one hour, and serve.

The people of Afghanistan use daygcha in special ceremonies. They cook it on the final Wednesday in the month of Safar and also during Eid and for birthdays, etc. They serve it also with evening tea.

Serves 6-8.

- ◆ apricots, raisins
- ◆ peeled nuts
- ◆ 1 c. drained maraschino cherries, halved
(substituted for senjid)

To serve: spoon fruit and nuts into individual dessert dishes or cups, being sure that some of the cherries and nuts are in each cup for garnish. The juice is served with the fruit with 1/2 inch to 1 inch of juice in each serving.



Halwau-e Aurd-e Sujee (Farina or cream of wheat pudding)

Halwau is a traditional addition to most festive celebrations and is closely related to other wheat desserts that are popular throughout the Near East and Central Asia. It is mildly sweet, delicately seasoned, and very stiff and firm. The finest Halwau will have the nuts added, but it is frequently made without them.

Blanch:

- ◆ 1/4 c. pistachios) used whole or shredded
- ◆ 1/4 c. almonds)

In a heavy kettle heat:

- ◆ 1 1/2 c. vegetable fat
- ◆ 1 1/2 c. coarse wheat flour--farina or cream of wheat

Cook for 5 minutes, stirring frequently.

Add a syrup made from:

- ◆ 3 c. water
- ◆ 1 1/2 c. sugar

Stir until well mixed, cook until all water evaporates.

Add:

- ◆ pistachios and almonds
- ◆ 1 t. ground cardamom
- ◆ 1 t. rosewater (optional)

Cover the pan, place in a 300°F oven for 10 min. to complete cooking. Remove to a bowl or platter and serve slightly warm or completely cold.

Halwau-e Aurd-e Birinj (Cream of rice pudding)

This Halwau is the same as above except that coarse rice flour--cream of rice--is substituted for the wheat. Rosewater is more commonly used for flavoring this pudding and the amount of rosewater might be doubled and used in addition or in place of the cardamom.

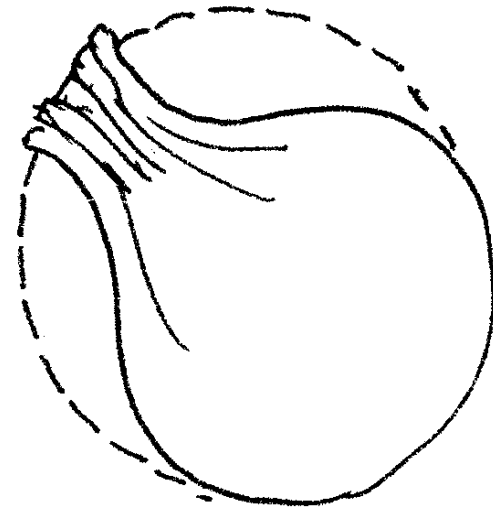
or

Make a syrup and cook for five minutes using:

- ◆ 1 c. sugar
- ◆ 1 1/2 c. water

Spoon a small amount of syrup on each pastry as it is fried and drained. Dust with a mixture of cardamom and pistachio in the amounts indicated above.

"Served with a fine breakfast or with evening tea. Often the bride's family sends these to the bride and groom the day after the wedding."



Khajoor or Busrauq (Fried Cakes)

Although these little fried cakes contain yeast they are really not leavened in the western sense, but are tasty tidbits, nonetheless. The shaping of them is a little difficult to describe and varies from one family to another, however, everyone agrees that the dough is pressed over a wire strainer to give a mesh-like imprint. This is difficult to achieve since western wire strainers are too fine to give a good result. The most unique shape as far as western cookery is concerned is the one described here.

Combine and mix well:

- ◆ 1 c. warm water
- ◆ 1 package (1 T.) granular yeast

Set aside to soften.

Place in a mixing bowl and mix well:

- ◆ 7 1/2 c. sifted white flour
- ◆ 1 t. salt

Heat until both fat and sugar are melted

- ◆ 1 c. vegetable fat
- ◆ 2 c. sugar

Pour the melted fat and sugar into the salt and flour mixture and stir rapidly to prevent the formation of large sugar crystals as the caramelized sugar cools.

Add:

- ◆ yeast and warm water mixture
- ◆ 1/2 c. warm water

This mixture should form a firm dough, like piecrust, and it is possible that a little more water might be needed. Do not allow the dough to stand, but shape at once into rod shapes 1 inch long and as large around as your little finger. Flatten each of these to 1/8 inch thickness, bring the ends together and seal to form a ring.

(Continued on the next page)

Gosh-e Feel (Elephant Ear)

This is a delicious pastry, crisp and bubbly, and popular with Afghans and foreigners alike. There is no limit to the shapes and sizes of ears that can be made.

Beat in a mixing bowl:

- ◆ 3 large eggs

Add and beat together:

- ◆ 1/4 t. salt
- ◆ 1 T. sugar
- ◆ 2 T. vegetable oil
- ◆ 1c. milk

Add to this mixture:

- ◆ 3 3/4 c. sifted white flour

Beat and mix as the flour is added and complete the mixing by kneading the dough on a lightly floured board for 10 min. until it is smooth and elastic. If more liquid seems to be needed during the mixing add a very small amount of water. The dough should be the consistency of firm bread dough.

To shape the ears: roll out small portions of the dough to paper thin squares. For ears pleat in one side of a circular piece, for bow-knots pleat in the center of a strip. These can vary from a diameter of 2 inches to 10 or 12 inches-- anything goes.

Heat in a large shallow pan:

- ◆ 2 c. vegetable fat

Fry the ears, a few at a time, until they are lightly browned, turning to brown on both sides. Remove from fat, drain, and-dust at once with:

- ◆ 1 c. fruit or powdered sugar
- ◆ 1/2 t. ground cardamom
- ◆ 1/3 c. ground pistachio

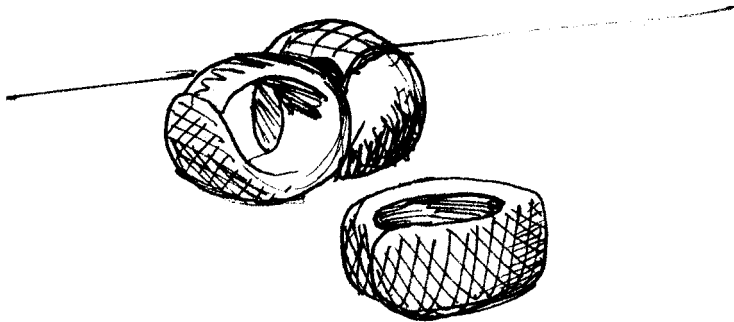
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If the wire strainer is used, press the rods against the strainer as they are being flattened, but this step could be omitted.

Heat deep fat for frying. Fry the cakes until golden brown, remove, drain, and cool.

"Eat like other cookies with morning or evening tea."

Variation: some people do not caramelize the sugar but add it directly to the mixture of flour and salt. The crunchiness of the crystallized sugar is quite distinctive, however, so this method was included.



Naun-e Parauta (Fried Pastry)

Mix in a bowl:

- ♦ 1 1/4 c. lukewarm water
- ♦ 1 package (1 T. granular yeast)

Set aside to soften.

Measure and mix in a large bowl:

- ♦ 4 c. sifted white flour
- ♦ 1 1/2 t. salt

Add yeast and water to the flour and stir to make a firm dough. Knead until the dough is firm and elastic. If the dough appears too hard add a small amount of water until the desired consistency is reached. Shape the dough in a smooth ball, place in a bowl, cover and allow to stand for 1/2 hour. Divide the dough in 4 balls, and again divide each of these in 4 making 16 in all. On a lightly floured board roll each ball into a paper thin circle 1/16 of an inch at the most. Set each aside and roll the next until all are finished and of approximately the same size and thickness.

In a small bowl place:

- ♦ 1 c. vegetable oil

Using a pastry brush use 1 T. of oil for each circle and cover one side evenly. Oil four at a time, stack together and press down lightly with the rolling pin. Each stack should be not over 1/4 inch thick. Heat deep fat for frying.

Fry pastries in fat until light brown, remove from oil, drain. Repeat until all dough is used.

To sprinkle on the hot, drained pastries use 1/2 c. fine sugar (fruit or confectioners)

Yield: 4 pastries. For easier serving these pastries could be cut in smaller pieces before frying, but this larger size is the traditional one.

Qatlama (Fried Pastry)

In a large mixing bowl beat until foamy:

- ◆ 4 medium eggs

Add and mix well:

- ◆ 1/4 c. milk
- ◆ 1/4 c. melted vegetable fat

Sift together:

- ◆ 3 c. sifted white flour
- ◆ 1/4 t. salt
- ◆ 1/2 t. baking powder

Add flour, salt and baking powder to the egg mixture, mixing thoroughly and kneading to form a firm elastic dough. If the dough is too stiff add a very small amount of water to bring it to a consistency that can be handled. Shape dough into a ball, place in mixing bowl, cover, and allow to stand 1/2 hour.

Divide dough into two balls. On a lightly floured board roll one ball into a very thin sheet with a diameter of at least 27 inches.

With a pastry brush oil the circle with:

- ◆ 1/4 c. vegetable oil

For easier handling cut the circle of dough into strips. For the traditional size the strips should be about 3 1/2 inches wide so that the finished pastry will be about 4 inches in diameter. For western tastes a strip of two inches should be wide enough.

Fold each strip over on itself until there are 10 or 12 thickness of dough. Press the layers together with the rolling pin and cut into squares, triangles, diamonds, etc. Heat deep fat for frying. Fry pastries until lightly browned, drain.

Repeat the entire process for the other half of the dough using an additional:

- ◆ 1/4 c. vegetable oil

For sprinkling over all of the pastries while warm use a mixture of:

- ◆ 1/2 c. fine sugar (fruit or confectioners)
- ◆ 1/2 t. ground cardamom

Serve either warm or cold. Yield: 3 dz.

**Sambosay Sheereen
(Fried Fruit and Nut Turnovers)**

Use the recipe and directions for the dough for Sambosay Goshti.
Omit meat filling and substitute the fruit and nut filling below.

Fruit and Nut Filling

Combine and mix in a bowl:

- ◆ 3/4 c. ground raisins or dates
- ◆ 3/4 c. ground walnuts
- ◆ 2 T. hot water

Spoon this filling on pastry squares using a generous teaspoonful for each and dividing so that all is used. Fold the squares diagonally, seal, and fry in deep fat until lightly browned. Remove and drain.

Dust warm pastries with a mixture of:

- ◆ 1/2 c. fine sugar (fruit or confectioners)
- ◆ 1/4 c. ground pistachios

These may be served hot or cold, usually for tea.

Baqlauwa (A baked pastry)

This dessert is similar, even in name, to desserts known in central Europe and on to the east into Asia. Since most Afghans do not have ovens they have adapted this one as a fried pastry also, which would make it similar to several of the others included in this book. For western use the baked version is possible, and if a rich and elaborate dessert is desired, this is the one to choose.

Mix in a bowl:

- ◆ 3 c. sifted white flour
- ◆ 1/2 c. cornstarch
- ◆ 1 t. baking powder
- ◆ 1/4 t. salt

Cut in with two knives or pastry blender:

- ◆ 1/4 c. vegetable fat

Add:

- ◆ 2 egg yolks
- ◆ about 1 c. cold water

Mix the egg yolks and 1/2 c. cold water with the flour mixture. Continue mixing and adding water slowly until a firm dough is obtained. Add extra water if needed. Knead until smooth and elastic. Shape into 12 equal balls about the size of a walnut. Oil each ball with vegetable oil and set aside for 20 min.

Prepare a pan approximately 20 x 14 x 2 by oiling generously. Note that the pan must have 2 inch sides. A cookie sheet could be deepened with the use of heavy foil. Each dough ball should now be rolled to a paper-thin thickness and a size that will fit the baking pan.

For this purpose use a board dusted with cornstarch. Allow a total of:

- ◆ 1/2 c. cornstarch

(Continued on next page)

for rolling all twelve sheets.

In a small bowl or graduated measuring cup prepare:

- ◆ 1 c. vegetable oil

This will be used for oiling the pastry sheets as directed

Prepare separately:

- ◆ 1 c. ground pistachios
- ◆ 2 c. ground walnuts

To assemble the pastry for baking: place three sheets of dough in the pan. Oil with 1/4 of the cup of oil prepared, using a brush or spoon. Sprinkle with 1/3 of the walnuts (2/3 c.) and 1/4 of the pistachios. Add three more layers and repeat, and again three more and repeat. For the top three layers there should be 1/4 c. of oil remaining. Use this to oil the top of the pastry. All of the walnuts should have been used in the inside layers, and the 1/4 c. of ground pistachios remaining should be reserved for use after the pastry is baked.

Using a sharp knife cut through all layers lengthwise to form strips 1 1/2 inches wide. Then cut diagonally to form diamond-shaped pieces. Bake for 30 to 45 min. at 350°F or until dough is set and lightly browned. While the dough is baking prepare a syrup of:

- ◆ 1 c. sugar
- ◆ 1/2 c. water
- ◆ 1/4 t. saffron
- ◆ 1/2 t. ground cardamom

Cook this syrup until it thickens slightly, about 10 min., and when the pastry is removed from the oven spoon the syrup over until all syrup is used and all dough has been sweetened.

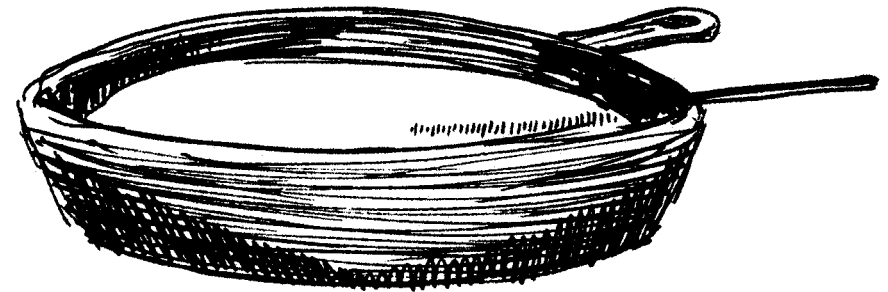
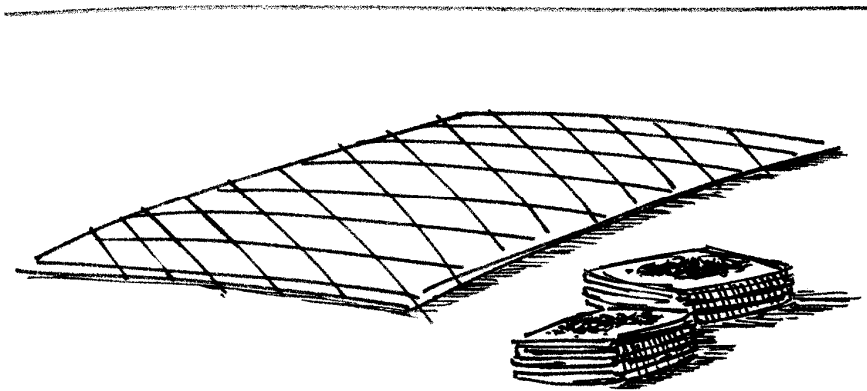
Sprinkle with the remaining 1/4 c. ground pistachios.

Serve warm or cold.

Note: As the making of the pastry dough is very time consuming, we found it easier to use fila dough that can be bought already rolled into thin sheets in the store. If you like the flavor of butter, you may substitute it for the oil in the recipe.

Sprinkle with ground pistachio and a little of the round cardamom, if desired. Continue until all of the egg is used. For serving, the rolls can be cut into any length desired--5 to 7 for each roll is common for tea size. These refrigerate well and can be kept for several days without loss of quality.

"This is an ancient dish that is made only on festive occasions, particularly for weddings."





Abrayshum Kabaub (Silk Kabaub)

In a sauce pan combine:

♦ 1 1/2 c. sugar	Optional addition to Syrup
♦ 2 c. water	1/4 t. saffron

Heat until sugar is dissolved, boil 5-8 min. or until syrup is slightly thickened. Pour into a shallow pan to cool and set aside for later use.

Prepare for use on the finished kabaubs

- ♦ 1/2 c. ground pistachios
- ♦ 1 t. ground cardamom (optional)

In a 10 inch frying pan heat to 375°F:

- ♦ 2 c. vegetable fat

Combine in a mixing bowl:

- ♦ 8 eggs
- ♦ 1/4 t. salt

Mix eggs until smooth, but not at all foamy. The next procedure involves getting the hand down in the egg mixture so that it is wellcoated with egg almost to the wrist. With fingers wide-spread and turned down, rapidly string the egg across the fat making a mesh of the "silk" threads and covering the surface of the fat like a piece of fabric. The finer the threads the better the technique. Dip the hand in the egg again and repeat this process until about 1/7th or 1/8th of the mixture is used. With a long skewer run under the center of the "fabric", lift the mixture from the fat, turning sideways in the fat to complete the browning. Hold above the fat and allow fat to drain back in the pan for one minute. Move the kabaub to the pan of syrup and with a ladle pour syrup over the egg mixture several times. Drain briefly and lift to a flat pan where the circle should be removed from the skewer, opened with the browner side down, and rolled up loosely into a roll about 1 inch in diameter.

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