

Afghan Homecooking Recipes



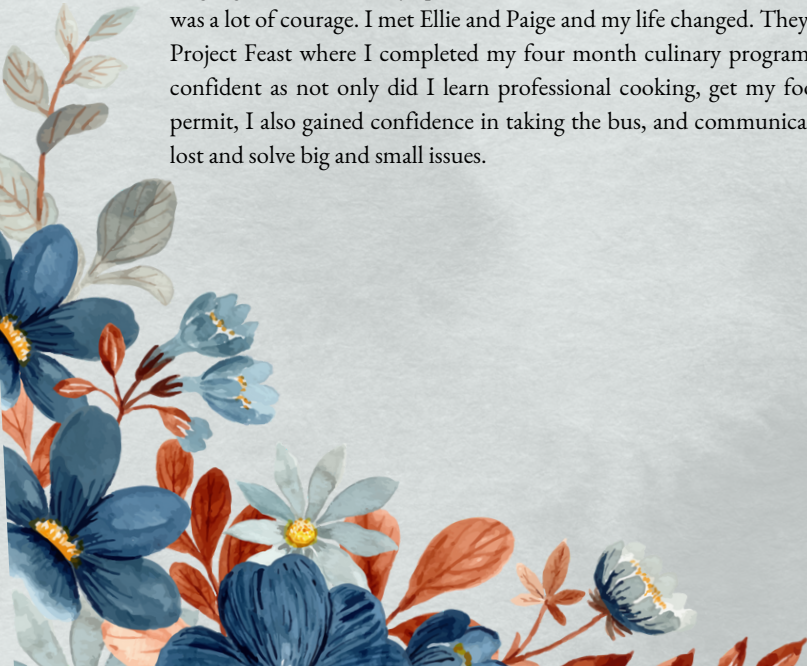
Lailoma Azimi

About



I came to USA a little more than a year back with my husband and children. It was very hard to leave family behind. I had a bread making business in Afghanistan.

When we came here my husband was not well and I had no work experience, a language barrier as I only spoke Dari, and lack of confidence. What I did have was a lot of courage. I met Ellie and Paige and my life changed. They took me to Project Feast where I completed my four month culinary program. I felt very confident as not only did I learn professional cooking, get my food handlers permit, I also gained confidence in taking the bus, and communicating if I got lost and solve big and small issues.



Ashak

Ashak is a famous Afghan dish that is served in households and restaurants. Families mostly make it for special occasions.

Yield: 10 servings

Ingredients

Dough

- 3 Cups all-purpose flour
- 1 tablespoon salt
- 1 teaspoon yeast
- 1 tablespoon vegetable Oil
- 2 Cups water



Red Kidney bean Sauce

- 1 Cup vegetable oil
- 1 Medium size yellow onion, finely chopped
- 3 Medium size tomatoes, finely chopped
- 2 Tablespoons tomato paste
- 4 cups red kidney beans, boiled until soft
- 1 tablespoon salt
- 1 tablespoon black pepper
- 1 tablespoon turmeric
- 1 tablespoon smoked paprika
- 1 tablespoon ground garlic
- 1 cup water
- ½ cup Fresh cilantro, finely chopped, for garnish

Filling

- 1 lb leek, washed and finely chopped
- 1 tablespoon salt
- 2 tablespoon vegetable oil

Garlic Yogurt

- 1 lb whole milk yogurt
- 2 Garlic cloves
- 1 Teaspoon salt
- ½ Cup water
- 2 tablespoons dried mint

Ashak

Directions

Dough

Mix the flour, salt, oil, and yeast in a bowl. Keep adding water until you have a soft dough. Cover with a towel and plastic wrap and leave on the counter for 30 minutes.

Red Kidney bean Sauce

Heat oil in a pan on medium heat. Add the onions and fry until golden brown, then add the tomatoes, tomato paste, and salt. Cook until they soften, then add salt, pepper, turmeric, paprika, garlic and beans. Mix and cook for 5 minutes. Add the water, lower the heat, cover and let it cook until the water cooks down and oil releases from the sides., about 10 minutes.

Filling

In a small bowl mix together the leek, salt, and oil. Keep aside.

Divide the dough into 4 pieces. Shape each into a smooth ball and roll it into a thin round shape using a rolling pin, roll balls into large circles, then cut with a round cookie cutter.

Add 1 tablespoon of the leek mixture on one half of the circle and then fold the remaining half on it, like an empanada. Prepare all the dumplings in the same way.

Add 1 inch of water in the steamer basket pot; coat the basket with oil or cooking spray. Arrange the dumplings in the basket without touching each other and cover the pot and bring them to a boil over high heat. Reduce heat to medium-low and steam for 15 minutes.

Garlic yogurt

In a large bowl whisk the yogurt. Add the garlic, salt, water and mint and mix.

To serve

Place 6-8 dumplings on a serving plate, and top with ground meat, drizzle with yogurt and garnish with cilantro. Enjoy!

Bolani

Bolani is a stuffed flatbread usually filled with a mix of potatoes, cilantro, and green peppers, but can also be filled with pumpkin, red lentils, or chives. It is served with a green chutney and enjoyed as a side dish, or as a snack with a cup of tea.

Yields - 8 bolani

Ingredients

For Dough

Ingredients

- 3 Cups all-purpose flour
- 1 teaspoon active dry Yeast
- 1 teaspoon Salt
- 1 cup Warm Water
- 1 cup vegetable or canola oil for frying



For Potatoes

- 5 Medium yellow potatoes
- 1 Cup Cilantro, finely chopped
- 2 serrano Peppers, deseeded and finely chopped
- 1 tablespoon Salt

Directions

Dough

Mix the flour, salt, and yeast in a bowl. Keep adding water until you have a soft dough. Cover with a towel and plastic wrap and leave on the counter for 30 minutes.

Potatoes

Boil the potatoes until they are soft, and then peel and mash them in a medium bowl. Add the cilantro, serrano peppers, and salt and mix together

Divide the dough into 8 pieces. Shape each into a smooth ball and roll it into a thin round shape using a rolling pin, about 8-10 inches in circumference. On one half of the circle spread the potato mixture and then fold the remaining half on it, like an empanada.

Put enough oil to grease the pan and heat it on medium heat. Fry the bolani for 3-4 minutes on one side or until both sides are cooked and golden brown. Repeat for all the bolani. Serve hot with green chutney.

Green Chutney

Green Chutney is famous in Afghanistan and is served with all of the dishes, particularly Bolani. It is a very common recipe in northern Afghanistan. It is also widely used with street food.

Yields: 4-6 servings

Ingredients

1 medium tomato, cut into 4 pieces
2 Cups cilantro
4 Garlic cloves
3 Tablespoon Lemon Juice
1 Tablespoon salt
2 Serrano Peppers
1/2 Cup water

Directions

Blend the tomato, cilantro, garlic, lemon juice, salt, serrano and water into a thick sauce. Transfer to an airtight container and refrigerate up to two weeks.



Mantu



Mantu is the most popular Afghan food and one of my favorites. My mother never cooked it at home because we were a very big family and she would say it is too much work. I learnt how to make it from a family friend and had it at their house for the first time.

Yields:10 servings

Ingredients

Dough

4 cups all purpose flour
1.teaspoon salt
1 ½ teaspoons active dry yeast
1cup lukewarm water
2 tablespoons oil

Filling

1/2 cup oil
10 large onions, minced
6 cloves garlic minced
½ lb ground beef
5 tomatoes, roughly chopped
1 tablespoon salt
½ tablespoon Turmeric
2 tablespoons ground coriander
Big pinch of Freshly ground black pepper
2 bunches fresh cilantro, roughly chopped

Mantu

Lentils

- 1 cup of vegetable or canola oil
- 2 yellow onions, finely chopped
- 5 medium tomatoes, roughly chopped
- 1 teaspoon coriander powder
- 1 teaspoon salt
- 1 teaspoon red chili powder
- 1 teaspoon black pepper
- 4 cloves garlic, minced
- 1 cup yellow split pea lentils
- 2 cups of water, room temperature

Yogurt

- 4 cups whole milk yogurt
- 4-5 garlic cloves, minced
- 1 tablespoon salt
- 1 cup fresh mint, finely chopped



Kabuli Pulao

Kabuli Pulao is an Afghan rice dish made by cooking lamb with a blend of spices and serving it with carrots, raisins, and toasted almonds.

Yields: 10-12 servings

Ingredients

Rice

4 cups sela basmati rice

16 cups water, divided

Meat

1 cup vegetable or canola oil

2 large yellow onions, thinly sliced

2 lbs lamb meat

1 tablespoon ginger paste

1 tablespoon garlic paste

1 tablespoon cumin seeds

6 green cardamom

2 black cardamom

1 tablespoon salt

8 cups water

2 garlic bulbs

1 teaspoon garam masala

Nuts

1 cup vegetable or canola oil

4 carrots, julienned

1 cup black raisins

3 tablespoons slivered almonds

3 tablespoons slivered pistachio

Kabuli Pulao

Directions

Rinse the rice 3-4 times and soak it in 8 cups of water and let it sit for 3 hours.

Meat

In a large pot, heat the oil on medium heat, add the onions and fry until they are golden brown, stirring occasionally. Put the ginger, garlic, cumin, green cardamom, black cardamom and sauté for 1 minute. Add the meat and salt and fry till it changes color. Add water, cover and let it cook on medium low heat until the meat is soft and liquid has cooked down and is thick. Transfer the meat to a bowl leaving any liquid in the pot.

Nuts

Line a baking sheet or platter with paper towels

In a large skillet, heat oil on medium high heat and fry the carrots, raisins, almonds and pistachios for 1-2 minutes, separately for best results, but can be mixed as well. Transfer to the paper towel and keep aside.

Cooking and layering the rice

In a large pot heat the remaining 8 cups of water on high heat and bring to a boil. Add the rice and let it cook for 4-5 minutes or until there is a bite to it. It should not be fully cooked. Immediately drain into a colander. Layer half the rice in the same pot as the meat liquid, top it with the meat and the two garlic bulbs and then another layer of the remaining rice. Spread out all the fried nuts on top and sprinkle with the garam masala. Cover the pot with foil and then with the lid and let it simmer on low heat for 30 minutes. Uncover and gently mix from the sides. Serve hot with fresh salad.



Salad

All Afghan meals consist of a fresh seasonal salad seasoned with pepper, salt and a drizzle of lime juice.

Yields: 6 servings

Ingredients

1 head romaine lettuce, washed, dried and chopped

1 large cucumber, small diced

2 medium tomatoes, small diced

1 medium red onion, small diced

¼ cup roughly chopped cilantro

10-12 fresh mint leaves

Juice of 2 limes

½ teaspoon salt, or to taste

½ teaspoon black pepper, or to taste.

Directions

In a large bowl toss together the lettuce, cucumber, tomatoes, onion, cilantro, lemon juice, salt and pepper. Serve immediately.



Achievements!



Learning plating skills



Cooked family meals & learnt customer service

Achievements!



Graduation!

