

Traditional Afghan

RECIPES



NOORIA SIDIQI

About

I am from Kabul, Afghanistan. I graduated from the Kabul university with Bachelors in education at a time without Taliban which were the best times. I Was a teacher for 28 Years teaching high school girls and boys.

I am a single mom and have 4 children. My children are all educated .

We had to leave Afghanistan 14 months back when the Taliban took control.

As a new immigrant ,I was thinking about how to build a new life and how to build my future so that I can support myself and my family and be able to stand on my own feet . I had good experience in cooking and I wanted to learn professional cooking.

I was lucky to be introduced to the Jewish Family Services, and they introduced me to Project Feast where I succeeded in my goal of training for four months.

I would like to start with a job to learn more about the food industry. I would like to have my own food Truck with Afghan food in future.



Dopiazza (Lamb stew)

This is a special dish cooked in Kabul.” DO” means two and “Piaz” means onion. It is called dopiazza because onions are used in two different ways to cook it. It is traditionally cooked with lamb on Eid and all the women of the family get together to cook this flavorful dish. This recipe comes down generations in my family and it is traditionally cooked on a wood fire.

Yields: 4 servings

Ingredients

Meat

1 lb lamb meat (substitute with boneless chicken breast or thigh)
6 yellow onions, sliced (divided)
4 cups of water.
1 cup oil
2 teaspoons salt
3 tablespoons of white vinegar
10 garlic cloves., minced
2-inch ginger roughly chopped
1 tablespoon coriander powder
1 teaspoon black pepper
½ teaspoon ground turmeric
1.5 cups yellow split chickpea lentils/ boiled in 3 cups water until soft (to be served as a side)

Onion Relish

1 red onion, sliced
1 cup white vinegar
1 teaspoon salt

Directions

Onion relish

In a bowl mix together the red onions, vinegar, and salt

Put meat and half the onions, 4 cups of water, and salt in a pot and cook on the stove for 20 minutes or until soft.

Transfer to a bowl. In the same pot heat oil on medium heat and add the remaining onions,

Salt, garlic cloves, ginger, coriander powder, turmeric, black pepper. Fry for 2-3 minutes and add the meat mixture, mix, turn the heat on low, cover the pan and let it simmer for 10 minutes.

On the serving plate or on a naan put the Afghan bread, and top it with meat and a side of lentils and red onion, and a side of yogurt salad.



Yogurt Salad

Yogurt is eaten as a side with every meal in Afghanistan, especially in the warm weather, and adding vegetables to yogurt makes it healthier.

Yields: 8 servings

Ingredients

2 cups yogurt
½ teaspoon salt
1 cucumber, small diced
½ cup mint leaves
½ cup cilantro, chopped
½ bunch lettuce, chopped
1 carrot, small diced
1 tomato, small diced



Directions

In a large bowl whisk the yogurt and salt.

Add the cucumber, mint, cilantro, lettuce, and carrot and mix. Transfer to a serving bowl, cover and refrigerate until ready to use.

Potato Fries In Tomato Sauce

French fries are tossed in a home made tomato sauce.

Yields: 2 servings

Ingredients

Potatoes

1 lb russet potatoes
4 cups vegetable or canola oil for deep frying.
1 teaspoon salt

Tomato sauce

½ lb tomatoes
3 garlic cloves
1 tablespoon red pepper
1 teaspoons salt
2 teaspoons vegetable or canola oil

Directions

Potatoes

Peel the potatoes and cut them into medium wedges.
In a wok, heat the oil on medium heat and fry the wedges in small quantities.
Transfer them to a tray with paper towels, sprinkle with salt ,mix together and keep it aside .

Tomato sauce

Blanch the tomatoes, peel and blend them with the garlic.
In a big pan, heat the oil, add the tomato sauce , salt, pepper and mix together .Cook till it becomes thick.
Toss the fries with the sauce and serve.

Fruit chaat with Yogurt

Fruit chaat with yogurt is commonly served in restaurants but is also prepared in homes, especially in the month of Ramzan using seasonal fruits.

Yields: 10-12 servings

Ingredients

3 cups whole milk yogurt, or Greek Yogurt

½ cup strawberries

½ cup grapes

½ cup pineapple chunks

3 teaspoons slivered almonds

3 teaspoons slivered pistachio

Directions

In a large bowl whisk the yogurt until smooth and keep aside. Slice the strawberries, grapes and pineapple into bite size pieces . To make individual parfaits first add 2 tablespoons of yogurt, then the fruits and repeat to create layers. Top with almonds and pistachios. Cover with plastic wrap and refrigerate for at least 1 hour or until ready to serve.



Kofta Challow

Kofta Challow is a meatball stew traditionally served with steamed white sella basmati rice, and is frequently cooked in every household in Afghanistan, especially Kabul. It is traditionally cooked with lamb, beef or mutton but is commonly cooked with chicken as well.

Yields: 10-12 kofta

Ingredients

For Split chickpeas

1 cup yellow split peas
3 cups water, room temperature

Charmasala (4 spice blend)

½ teaspoon black peppercorns
¼ teaspoon whole cloves
½ inch cinnamon stick
1 black cardamom

Kofta (Meatballs)

1 lb ground beef, lamb or chicken
2 medium yellow onions, roughly chopped
½ cup coarsely chopped cilantro
2 garlic cloves
1 inch piece of ginger, peeled
1 tablespoon ground coriander
1 teaspoon ground cumin
½ teaspoon ground turmeric
½ teaspoon ground black pepper
½ teaspoon salt
1 egg (optional)
10-12 golden plums/prunes

Kofta Challow

For Korma (curry)

- ½ cup oil
- 1 large yellow onion, finely chopped
- 2 garlic cloves, minced
- 3 tomatoes, pureed
- ½ serrano pepper, minced
- 1 tablespoon ground coriander
- 1 teaspoon salt, or to taste
- 1/2 teaspoon turmeric
- ½ teaspoon red chili powder
- 2 cups water
- 1 teaspoon chaar masala (4 spice blend)
- 1/4 cup finely chopped cilantro, for garnishing



Kofta Challow

Directions

Lentils

In a small pot on medium low heat, boil the lentils in water for 20 minutes or until soft but not mushy. Cook down any liquid on high flame and keep it aside.

Chaar Masala (4 spice blend)

In a small pan on medium low heat toast the peppercorns, cloves, cinnamon and cardamom for 1-2 minutes or until they release aroma, change color and start to crackle. Set aside to cool and grind into a powder. Store in an airtight container.

Kofta (Meatballs)

Line a baking tray with parchment paper.

Place the ground meat in a large bowl.

To the bowl of a food processor add onions, cilantro, garlic, ginger and process until finely minced.

Add it to the ground meat with coriander, cumin, turmeric, pepper, salt and egg (optional).

Using your hands, mix well to combine and divide the meat into about 10, 2 inch portions.

Pick up the first portion and roll it into a smooth ball. Using your thumb make a hole in the center, place a plum/prune and roll back into a ball. Make all the meatballs using the same method.

Korma (Curry)

In a large wide pot heat the oil on medium low heat. Add the onions and cook, stirring occasionally until golden brown, about 12-14 minutes. Add the garlic and cook for 4-5 seconds. Add the tomato, serrano, coriander, salt, turmeric and red chili powder and cook while stirring for 1-2 minutes or until oil releases from the sides. Add water, turn the heat on low and let it simmer. Gradually add the meatballs, cover and let them cook on medium heat for 5 minutes. Uncover and let them cook for another 10 minutes. Add the cooked lentils, gently mixing by moving the pot in circular motions, sprinkle the char masala, cover and turn the heat on low to simmer for another 5 minutes. Turn off heat, and serve kofta challow with steamed white rice.

Parda Pulao

Parda Pulao came down to Afghanistan through the silk route, and signifies its cultural richness and flavors from Persia, Arabia and the Indian subcontinent. Traditionally cooked with layers of beef or mutton, vegetables and the sweetness of raisins mixed with aromatic spices, it is then wrapped in a layer of dough and baked to perfection. It means “Rice behind the curtain”.

Yields:10-12 servings

Ingredients

For Dough

4 cups all purpose flour
1 teaspoon active dry yeast
½ teaspoon sugar
1 teaspoon salt
½ cup vegetable oil,
1 warm cup milk
½ cup warm water, or as needed
1 egg, whisked
1 teaspoon nigella seeds
1/2 teaspoon white sesame seeds



For Meat

1 cup vegetable or canola oil, divided
1 yellow onion, thinly sliced
2 clove garlic, minced
1 lb beef or mutton meat
2 teaspoons salt
¼ teaspoon ground cardamom
1 tablespoon char masala
3 cups water

For carrot mix

3 carrots, peeled and julienned
1 cup golden raisins
4 garlic cloves

For Rice

3 cups sela basmati rice, rinsed and soaked for 3 hours
6 cups water

Parda Pulao

Directions

For Dough

Combine flour, yeast, sugar and salt in a large bowl. Add the oil and milk and mix, gradually adding in the water to make a medium soft dough. Cover and rest for 30 minutes.

For Meat

In a large pot, heat ½ cup oil on medium heat, add the onions and fry till light brown. Add the garlic, meat, salt, cardamom and char masala and fry for 3-4 minutes. Add water, cover and let it cook for 30 minutes, or until the meat softens. Cook down any remaining liquid on high heat.

Meanwhile, in a pan heat the remaining ½ cup oil on medium heat and fry the carrots and raisins for 2-3 minutes. Transfer to a paper towel.

For Rice

Keep a colander in a bowl in the sink.

In a medium pot bring the water to a boil, add the rice and boil for about 7 minutes or until 80% cooked. Transfer it to the colander to drain the water and cool down for a few minutes.

Assembling the dough

Preheat the oven to 350 F and grease an 8/4 deep cake tin.

Dust a little flour on the counter and transfer the dough, kneading it for 2-3 minutes. Using a rolling pin, roll it out into a ¼ inch circle and transfer it to the cake pan using your hands to tuck it in and leave it hanging to the sides. Spread half the rice on the bottom, layer with the meat and then the rice again. Top it with the carrot mixture. Bring all the edges of the dough together in the center and brush it with egg. Sprinkle nigella and sesame seeds and transfer to the oven. Bake it for 35-40 minutes or until it turns golden brown. Bring it out and let it rest for 10 minutes before gently taking it out of the pan. Slice and serve hot.

Ashak

Yield: 10 servings

Ingredients:

Dough

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

Beef Sauce

1 Medium size yellow onion, finely chopped
3 Medium size tomatoes, finely chopped
2 Tablespoons tomato paste
1 lb ground beef (substitute with 1.5 cups of split pea lentils, boiled until half cooked)
1 tablespoon salt
1 tablespoon black pepper
1 tablespoon turmeric
1 tablespoon smoked paprika
1 tablespoon ground garlic
1 Cup vegetable oil
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

2 Garlic cloves
1 Teaspoon salt
1 lb whole milk yogurt
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.

Sauce

Heat oil in a pan on medium heat. Add the onion and fry until brown, then add the tomatoes, tomato paste, and salt. Cook until they soften, then add the spices and ground beef/lentils, mix and cook for 5 minutes. Add the water, lower the heat, cover and leave until the meat/ lentils are cooked and release the oil, about 15 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 to a large 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.

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

- 3 Cups all-purpose flour
- 1 teaspoon active dry Yeast
- 1 teaspoon Salt
- 1 cup lukewarm 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

Direction

For 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.

For 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.

Assembling and cooking

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 dishes.

Yields: 4-6 servings

Ingredients:

- 1 Medium size 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.

Achievements



My first speech in front of a crowd

Cooking in large quantities



Graduated from Projeet Feast!