



Traditional Afghan Recipes

Salma Muradi

About



I came to USA one year back with my husband and four children.
I left my family behind and my father is a chef and my mother is a tailor.

I studied my primary and secondary school in Al Taqwa High School in Pakistan because during the war in Afghanistan we were immigrated to Pakistan, and due to some problems I could not continue my education after coming back to Afghanistan.

I am able to speak in four languages such as Persian, Pashto, Urdu and little bit of English.

I was lucky to meet Ellie and Paige who helped me a lot and also helped me to join Project Feast where I got my food handler permit and culinary certificate.

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



Mantu

Method

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.

Filling

Heat oil on medium heat, add onions and fry till light brown. Add garlic and beef and stir fry for 4-5 minutes. Add tomatoes, salt, turmeric, coriander and black pepper. Cover and let it cook for 15-20 minutes. Add cilantro and turn off stove. Transfer to a bowl or tray and let it cool.

Lentils

In a big pot heat the oil on medium heat, add the onions and fry till light brown
In add tomatoes and cook until water has dried
Put the garlic, black pepper, red chili powder, salt, lentils and water.
Cover and let it cook till soft.

Yogurt

In a large bowl, mix together the yogurt, garlic, salt and mint

Mantu

Method

Assembling and steaming the dumplings

Divide the dough into four pieces.

Roll out one portion of dough until it is about almost see-through. It should be rolled into a rectangular shape. As an alternative step to rolling it out entirely by hand and with a roller, you can use a pasta machine attachment.

Next, use a knife or pizza cutter and divide the rolled-out dough into equal-sized squares.

Once that is done, put a scoop of filling into the center of one square. For the folding method, take opposite corners and pinch them together.

Grease a steamer basket and place dumplings in it. Cover the steamer basket and let the dumplings steam for approximately 30-35 minutes.

Finally, to serve, place 8-10 dumplings on individual plates, top with the lentils, drizzle with yogurt sauce and garnish with cilantro.



Afghan Corn Cake

One of the most popular varieties of Afghan Cake is “Cake e Jawari”

Yields: 10-12 servings

Ingredients

1 cup all purpose flour
2 cups yellow cornmeal
2 tablespoons baking powder
A pinch of salt
1/2 teaspoon of ground cardamom
4 eggs
1 ½ cups of white granulated sugar
1 cup vegetable oil
2 cups whole milk



Directions

Line a 9 inch round baking pan with parchment paper and grease it. Preheat the oven to 350 F. Sift both the flours and baking powder. Add salt and cardamom, mix and keep aside. Separate the egg yolk and whites. Place the whites in a large bowl, add sugar and beat with an electric beater until soft peaks form. Add egg yolks, oil, milk and mix. Using a spatula, fold in the flour mixture. Transfer it to the baking pan and bake for 20 minutes or until a toothpick inserted comes out clean. Transfer to a cooling rack, take it out of the pan.

Note: You can add pistachio nuts, chameleon nuts, or pumpkin nuts with the flour mixture and garnish on top.

Samosa

Samosa is one of the most popular snacks, whose origin belongs to the southern cities of the country. It is a popular street food sold in street stalls along with falafel.

Yields: 18-20 samosas

Ingredients

- 2 medium yellow onions, small diced
- 2 tablespoons vegetable or canola oil
- 2 cloves Garlic, minced
- ¼ teaspoon ground turmeric
- ¼ cup Cilantro, finely chopped
- ¼ cup flat leaf Parsley, finely chopped
- 2 large potatoes, boiled, peeled and mashed
- 1 teaspoon salt, or to taste.
- 1 teaspoon red chili powder
- 1 teaspoon black pepper
- Spring roll wrapper sheets (one pack)
- 2 cups vegetable or canola oil, or more for deep frying

For Slurry.

- ½ cup all purpose flour
- ½ cup water, or as needed



Samosa

Directions

Potato Filling

Heat 2 tablespoons of oil in a medium pan, add the onions and fry till they are just turning brown. Add the garlic and turmeric and fry for 3-4 seconds.

Add the cilantro and parsley and fry for about one minute. Take the pan off the heat and put it aside to cool.

Add the onion mixture to the mashed potatoes. Then add the salt, red chili pepper, black pepper and mix the ingredients.

Assembling and frying the samosas

Make the slurry by mixing flour and water to a thick but spreadable consistency.

Separate around 18 pastry sheets, place them on a flat surface and using a sharp knife or pizza cutter cut them into half. Place them on a tray and cover with plastic wrap or a dry kitchen towel. Take the first pastry sheet and fold diagonally over one corner to make a triangle. Press into a crease and fold again to make a pocket. Fold once or twice more to layer the pocket/triangle.

Take about 2 teaspoons of the potato mixture and fill it in the pocket. Spread slurry on the last fold and seal the samosa. Finish making all the samosas.

Heat oil in a wok and fry the samosas for about one minute on each side, or until golden brown. Transfer to a paper towel to strain out excess oil. Serve with chutney



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

Bolani

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.

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 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.

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



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

Ashak

Ingredients

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

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.

Beef 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.

Ashak

Directions

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!

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