

# TRADITIONAL FOODS

## TRADITIONAL FOODS

Traditional foods have greatly contributed to the health and nutrition of population in many parts of the world. These traditional dishes are popular among the masses because of their taste, cooking methods, low cost and easy availability. These are available in local restaurants catering to the needs of millions of people of low-income group and are also prepared at home. Besides the cultural and nutritional aspects, people eat traditional food, because their forefathers have been eating these for centuries. Though this is the era of fast food, young people from high income families in Pakistan prefer to eat burgers, pizzas, but still for a majority of population, 70-80%, these traditional food form a part of their daily diets (Messer and Kuhnlein, 1986).

Our traditional dishes are popular not only in Pakistan but also in Gulf and other countries. The reason is that when Pakistani migrate to foreign countries, they prefer and prepare their own traditional dishes, which because of their good taste also become popular with the local population (Musaiger, 1996).

The traditional dishes commonly consumed in Pakistan are meat/vegetable curry, lentil curry, kofta, shami kabab, chapal kabab, biryani and haleem and sweets like zarda,

kheer and halwa. All these are not only good in taste but also important from nutritional point of view.

As very limited nutrient information is available about these dishes. We have determined and following is the nutrient composition of 17 traditional dishes commonly consumed in Pakistan showing also the ingredients used and methods of their preparation.

### NUTRIENT COMPOSITION

#### *1. Chapati*

<u>Nutrient composition</u>	<u>Amount in 100 g of edible portion</u>
Energy	282. Kcal
Moisture	31.0 g
Protein	9.7 g
Fat	2.0 g
Carbohydrates	54.7 g
Fibre	1.0 g
Ash	1.6 g
Calcium	0.5 mg
Iron	0.2 mg
Vitamin-C	0.9 mg

Ingredients and Method of Preparation (Appendix-1)

## 2. Daal Masoor Curry

<u>Nutrient composition</u>	<u>Amount in 100 g of edible portion</u>
Energy	96. Kcal
Moisture	75.1 g
Protein	5.2 g
Fat	2.5 g
Carbohydrates	12.6 g
Fibre	1.0 g
Ash	1.2 g
Calcium	0.8 mg
Iron	1.1 mg
Vitamin-C	3.0 mg

Ingredients and Method of Preparation (Appendix-2)

## 3. Aloo Ghosht (Potato Meat Curry)

<u>Nutrient composition</u>	<u>Amount in 100 g of edible portion</u>
Energy	120. Kcal
Moisture	73.0 g
Protein	7.0 g
Fat	4.0 g
Carbohydrates	13.0 g
Fibre	2.0 g
Ash	1.0 g
Calcium	1.1 mg
Iron	0.5 mg
Vitamin-C	1.4 mg

Ingredients and Method of Preparation (Appendix-3)

## 4. Kalool (Kidney Bean Curry)

<u>Nutrient composition</u>	<u>Amount in 100 g of edible portion</u>
Energy	162. Kcal
Moisture	58.0 g
Protein	11.7 g
Fat	1.5 g
Carbohydrates	24.3 g
Fibre	2.5 g
Ash	2.0 g
Calcium	1.0 mg
Iron	0.8 mg
Vitamin-C	2.1 mg

Ingredients and Method of Preparation (Appendix-4)

## 5. Kofta (Meat balls)

<u>Nutrient composition</u>	<u>Amount in 100 g of edible portion</u>
Energy	152. Kcal
Moisture	65.0 g
Protein	13.5 g
Fat	4.0 g
Carbohydrates	14.5 g
Fibre	0.0 g
Ash	3.0 g
Calcium	1.1 mg
Iron	1.0 mg
Vitamin-C	0.3 mg

Ingredients and Method of Preparation (Appendix-5)

### 6. Pulao Gosht (Rice with Beef)

<u>Nutrient composition</u>	<u>Amount in 100 g of edible portion</u>
Energy	179. Kcal
Moisture	62.0 g
Protein	11.0 g
Fat	6.0 g
Carbohydrates	18.9 g
Fibre	1.1 g
Ash	1.0 g
Calcium	1.0 mg
Iron	0.3 mg
Vitamin-C	0.0 mg
<u>Ingredients and Method of Preparation (Appendix-6)</u>	

### 7. Shami Kabab

<u>Nutrient composition</u>	<u>Amount in 100 g of edible portion</u>
Energy	137. Kcal
Moisture	68.0 g
Protein	10.2 g
Fat	3.0 g
Carbohydrates	16.3 g
Fibre	0.0 g
Ash	2.5 g
Calcium	1.0 mg
Iron	0.9 mg
Vitamin-C	0.4 mg
<u>Ingredients and Method of Preparation (Appendix-7)</u>	

### 8. Chapal Kabab

<u>Nutrient composition</u>	<u>Amount in 100 g of edible portion</u>
Energy	134. Kcal
Moisture	74.0 g
Protein	5.0 g
Fat	6.5 g
Carbohydrates	12.8 g
Fibre	1.5 g
Ash	1.3 g
Calcium	0.3 mg
Iron	1.5 mg
Vitamin-C	0.2 mg
<u>Ingredients and Method of Preparation (Appendix-8)</u>	

### 9. Chicken Curry

<u>Nutrient composition</u>	<u>Amount in 100 g of edible portion</u>
Energy	167. Kcal
Moisture	68.0 g
Protein	9.8 g
Fat	8.5 g
Carbohydrates	11.7 g
Fibre	0.0 g
Ash	1.0 g
Calcium	3.0 mg
Iron	0.5 mg
Vitamin-C	0.0 mg
<u>Ingredients and Method of Preparation (Appendix-9)</u>	

### 10. Haleem

<u>Nutrient composition</u>	<u>Amount in 100 g of edible portion</u>
Energy	156. Kcal
Moisture	62.4 g
Protein	10.2 g
Fat	2.0 g
Carbohydrates	23.2 g
Fibre	1.0 g
Ash	1.0 g
Calcium	31.0 mg
Iron	1.2 mg
Vitamin-C	8.6 mg

Ingredients and Method of Preparation (Appendix-10)

### 11. Machli (Fried Fish)

<u>Nutrient composition</u>	<u>Amount in 100 g of edible portion</u>
Energy	237. Kcal
Moisture	58.0 g
Protein	23.7 g
Fat	14.2 g
Carbohydrates	1.8 g
Fibre	0.3 g
Ash	1.1 g
Calcium	42.0 mg
Iron	1.5 mg
Vitamin-C	0.2 mg

Ingredients and Method of Preparation (Appendix-11)

### 12. Sajji (Roasted Meat)

<u>Nutrient composition</u>	<u>Amount in 100 g of edible portion</u>
Energy	157. Kcal
Moisture	60.5 g
Protein	17.2 g
Fat	6.6 g
Carbohydrates	1.5 g
Fibre	0.0 g
Ash	1.2 g
Calcium	15.0 mg
Iron	1.8 mg
Vitamin-C	0.0 mg

Ingredients and Method of Preparation (Appendix-12)

### 13. Biryani (Rice with Meat)

<u>Nutrient composition</u>	<u>Amount in 100 g of edible portion</u>
Energy	197. Kcal
Moisture	57.6 g
Protein	9.1 g
Fat	6.7 g
Carbohydrates	23.8 g
Fibre	0.8 g
Ash	1.2 g
Calcium	52.0 mg
Iron	0.9 mg
Vitamin-C	3.6 mg

Ingredients and Method of Preparation (Appendix-13)

## SWEET DISHES

### **14. Halwa Suji**

<u>Nutrient composition</u>	<u>Amount in 100 g of edible portion</u>
Energy	337. Kcal
Moisture	21.0 g
Protein	2.9 g
Fat	12.0 g
Carbohydrates	52.1 g
Fibre	12.0 g
Ash	0.2 g
Calcium	0.7 mg
Iron	0.1 mg
Vitamin-C	0.0 mg
<u>Ingredients and Method of Preparation (Appendix-14)</u>	

### **15. Zarda (Sweet Rice)**

<u>Nutrient composition</u>	<u>Amount in 100 g of edible portion</u>
Energy	246. Kcal
Moisture	43.0 g
Protein	4.5 g
Fat	4.0 g
Carbohydrates	46.5 g
Fibre	0.5 g
Ash	1.5 g
Calcium	0.4 mg
Iron	0.5 mg
Vitamin-C	0.3 mg
<u>Ingredients and Method of Preparation (Appendix-15)</u>	

### **16. Kheer (Rice Pudding)**

<u>Nutrient composition</u>	<u>Amount in 100 g of edible portion</u>
Energy	125. Kcal
Moisture	72.2 g
Protein	3.6 g
Fat	2.7 g
Carbohydrates	18.2 g
Fibre	0.2 g
Ash	1.1 g
Calcium	137 mg
Iron	0.2 mg
Vitamin-C	1.7 mg
<u>Ingredients and Method of Preparation (Appendix-16)</u>	

### **17. Halwa Gajjar**

<u>Nutrient composition</u>	<u>Amount in 100 g of edible portion</u>
Energy	410. Kcal
Moisture	22.6 g
Protein	5.1 g
Fat	24.2 g
Carbohydrates	42.0 g
Fibre	2.1 g
Ash	1.8 g
Calcium	150 mg
Iron	1.1 mg
Vitamin-C	2.0 mg
<u>Ingredients and Method of Preparation (Appendix-17)</u>	

**TRADITIONAL FOODS**  
**INGREDIENTS AND METHODS OF PREPARATION**

# TRADITIONAL FOOD

## INGREDIENTS AND MEHTODS OF PREPARATION

### 1. Chapati

(Appendix-1)

Ingredients	Amount
Flour (wheat)	(1 cup) 200 g
iodized Iodized salt	(1/2 teaspoon) 12 g
Water	As needed to make a dough

#### Method of Preparation

- Add iodized salt in flour and knead by adding water till dough becomes soft.
- Leave it for 5 to 10 minutes
- Make small round balls of it. Press these balls to make chapaties (round flat bread).
- Bake on an iron plate at medium flame.

### 2. Daal Masur Curry

(Appendix-2)

Ingredients	Amount
Lentil (daal masur)	(1 cup) 250 g
Ghee/oil	(4 tablespoon) 40 g
Garlic (crushed)	(3 cloves) 3 g
Spices	
Iodized Iodized salt	(1 teaspoon) 4 g
Red chilli powder	(1/2 teaspoon) 2 g
Turmeric powder	(1/4 teaspoon) 1 g
Cumin seeds	(1/2 teaspoon) 2 g
Water	(4-5 cups) 1000-1200 ml

#### Method of Preparation

- Soak lentil in 2 cups of water for one hour.
- Add all the spices and rest of the water cook until tender. Mix well with spoon.
- Brown garlic in oil. Add cumin seeds to it.
- Pour it over the prepared lentil.
- Serve hot with rice or chapati.

### 3. Alu Gosht (Potato with Meat)

(Appendix-3)

Ingredients	Amount
Meat (Beef)	250 g
Ghee/Oil	(5 tablespoon) 50 g
Potatoes (cut into pieces)	(2 medium size) 200 g
Onion (chopped)	(1 medium size) 100 g
Tomato (chopped)	(1 medium size) 100 g
Garlic (crushed)	(5 cloves) 5 g
Ginger (Paste)	(1 piece) 2 g
Coriander leaves	(2 teaspoon) 2 g
Spices	
Iodized Iodized salt	(1 teaspoon) 4 g
Red chilli powder	(1/2 teaspoon) 2 g
Coriander powder	(1 teaspoon) 4 g
Garam masala powder	(1/2 teaspoon) 2 g
Water	(5-6 cups) 1200-1500 ml

#### Method of Preparation

- Fry onions, garlic and ginger in oil.
- Add meat, tomatoes and all the spices with 2 cups of water.
- Cook untill meat becomes almost tender.
- Add potatoes and remaining water.
- Cook till potatoes become tender and gravey thickens.
- Sprinkle garam masala and coriander leaves on curry and serve hot.



#### 4. Kalool (Kidney beans Curry) (Appendix-4)

<u>Ingredients</u>		<u>Amount</u>
Red kidney beans	(2 cups)	500 g
Onion (chopped)	(1 medium size)	100 g
Garlic (crushed)	(5 cloves)	5 g
Tomatoes (chopped)	(2 medium size)	150 g
Ghee/Oil	(4 tablespoon)	40 g
<u>Spices</u>		
Coriander leaves	(2 teaspoon)	4 g
Iodized salt	(1 teaspoon)	4 g
Red chilli powder	(1 teaspoon)	4 g
Coriander powder	(1 teaspoon)	4 g
Baking soda	(1 teaspoon)	4 g
Water	(5-6 cups)	1200-1500 ml

##### Method of Preparation

- Soak beans in water with soda for 2 hours.
- Boil until beans become tender.
- Fry onions and garlic in oil.
- Mix tomatoes and all the spices.
- Cook until tomatoes become tender.
- Mix boiled beans, cook for 5-10 minutes.
- Sprinkle coriander leaves and serve hot.

#### 5. Kofta (Meat Balls)

<u>Ingredients</u>		(Appendix-5)
<u>For Kofta</u>		<u>Amount</u>
Minced meat (beef)		
Onion	(1 medium size)	250 g
Chillies green	(2 No.)	100 g
Ginger	(1 piece)	15 g
<u>Spices</u>		2 g
Iodized salt	(½ teaspoon)	2 g
Chilli powder	(½ teaspoon)	2 g
Garam masala	(½ teaspoon)	2 g
Chickpea powder	(2 teaspoon)	2 g
Poppy seed (powder)	(½ teaspoon)	8 g
<u>For curry</u>		2 g
Ghee/oil	(5 tablespoon)	50 g
Onion (chopped)	(1 medium size)	100 g
Tomato (chopped)	(1 medium size)	100 g
Garlic (crushed)	(5 cloves)	5 g
Ginger (paste)	(1 piece)	2 g
Coriander	(2 teaspoon)	2 g
<u>Spices</u>		
Iodized salt	(½ teaspoon)	2 g
Red chilli powder	(½ teaspoon)	2 g
Turmeric powder	(¼ teaspoon)	1 g
Coriander	(1 teaspoon)	4 g
Garam masala	(½ teaspoon)	2 g
Water	(4-5 cups)	1000-1200 ml

##### Method of Preparation

- Chop all the ingredients of kofta in electric chopper for 4-5 minutes.
- Make small meat balls and keep aside.
- For curry, fry onions, garlic, ginger in oil.
- Add all the spices and tomatoes with ½ cup of water.
- Cook till onion and tomatoes becomes tender.
- Add meat balls and cook for ½ an hour.
- Sprinkle garam masala and coriander leaves on it, serve hot.

## 6. Pulao Ghosht (Rice with Beef)

(Appendix-6)

<u>Ingredients</u>		<u>Amount</u>
Beef		250 g
Rice	(3 cups)	400 g
Ghee/oil	(5 tablespoon)	50 g
Onion (chopped)	(1 medium size)	100 g
Garlic (crushed)	(5 cloves)	5 g
Ginger (paste)	(1 piece)	2 g
Tomato (chopped)	(1 medium)	100 g
<u>Spices</u>		
Iodized salt	(1 teaspoon)	4 g
Red chili powder	(1/2 teaspoon)	2 g
Garam masla powder	(1/2 teaspoon)	2 g
Water	(9-10 cups)	1500-2000 ml

### Method of Preparation

- Boil meat with water, iodized salt and garlic until meat is nearly tender. Take it out of the soup and set aside.
- Brown onions in oil. Add ginger, tomatoes, meat and all the spices. Fry meat well.
- Add rice and soup.
- Cook until all the water is absorbed and the rice becomes well done.
- Serve hot.

## 7. Shami Kabab

(Appendix-7)

<u>Ingredients</u>		<u>Amount</u>
Minced Meat (Beef)		500 g
Daal channa	(1 cup)	250 g
Onion	(1 medium size)	100 g
Garlic	(8 cloves)	8 g
Ginger	(1 large piece)	10 g
Ghee/oil	(4 tablespoon)	40 g
Eggs	(2 No.)	-
<u>Spices</u>		
Iodized salt	(2 teaspoon)	8 g
Red chilli powder	(1 1/2 teaspoon)	6 g
Coriander powder	(2 teaspoon)	8 g
Garam masala powder	(1 teaspoon)	4 g
Water	(4 cups)	1000 ml

### Method of Preparation

- Boil minced meat, daal channa, onion, ginger, garlic with water and all the spices till meat and daal becomes tender and water dries.
- Chop them in electric chopper for 4-5 minutes.
- Make small round cakes.
- Dip in beaten egg and fry in oil till brown.
- Serve hot.

## 8. Chapal Kabab

(Appendix-8)

<u>Ingredients</u>		<u>Amount</u>
Minced meat (beef)		250 g
Onion (chopped)	(2 medium size)	150 g
Green chillies (chopped)	(2 No.)	20 g
Ghee/oil	(4 tablespoon)	40 g
Eggs	(2 No.)	-
<u>Spices</u>		
Iodized salt	(1 teaspoon)	4 g
Red chilli powder	(1 teaspoon)	4 g
Coriander powder	(1 teaspoon)	4 g
Garam masala powder	(1/2 teaspoon)	2 g

### Method of Preparation

- Add all the ingredients in minced meat and mix well.
- Make medium size round cakes and fry them well in oil.
- Serve hot.

## 9. Chicken Curry

(Appendix-9)

<u>Ingredients</u>		<u>Amount</u>
Chicken		500 g
Ghee/oil	(10 tablespoon)	100 g
Onion (chopped)	(2 medium size)	200 g
Tomatoes (chopped)	(2 medium size)	200 g
Garlic (crushed)	(10 cloves)	10 g
Ginger (crushed)	(1 piece)	5 g
<u>Spices</u>		
Iodized salt	(1 teaspoon)	4 g
Red chilli powder	(1 teaspoon)	4 g
Coriander powder	(1 teaspoon)	4 g
Turmeric powder	(1/4 teaspoon)	1 g
Garam masala powder	(1/2 teaspoon)	2 g
Water	(2 cup)	500 ml

### Method of Preparation

- Fry chicken pieces in oil and keep aside.
- In the same oil fry onions, ginger & garlic.
- Add spices and tomatoes. Fry well so it resembles a paste.
- Add chicken pieces and cook until chicken is almost tender.
- Add water & simmer for 10 minutes.
- Add garam masala & coriander leaves and serve hot.

## 10. Haleem

(Appendix-10)

<u>Ingredients</u>		<u>Amount</u>
Beef (boneless)		1000 g
Mung daal	(1 cup)	125 g
Masur daal	(1 cup)	125 g
Channa daal	(1 cup)	125 g
Mash daal	(1 cup)	125 g
Wheat grains (crushed) dalia	(1 cup)	125 g
Oat grains (crushed)	(1 cup)	125 g
Rice	(1/2 cup)	50 g
Ghee/oil	(8 tablespoon)	80 g
Onion (chopped)	(3 medium size)	150 g
Tomatoes (chopped)	(3 medium size)	150 g
Garlic	(10 cloves)	10 g
Ginger (crushed)	(2 piece)	10 g
Mint leaves		8 g
Lemon	(2 No)	-
<u>Spices</u>		
Iodized salt	(2 teaspoon)	8 g
Red chilli powder	(1 1/2 teaspoon)	6 g
Coriander powder	(2 teaspoon)	8 g
Turmeric powder	(1/2 teaspoon)	2 g
Garam masala	(1/2 teaspoon)	4 g
Water	(2 cup)	500 ml

### Method of Preparation

- Boil all daals till tender.
- Mash them and keep aside.
- Fry 1 onion and garlic in half of oil.
- Add meat, tomatoes rest of the water and all the spices.
- Cook till meat become tender.
- Add mashed daals and mash again with meat.
- Fry rest of the onions in oil.
- Pour over prepared haleem.
- Garnish with mint leaves and lemon and serve hot.

## 11. Machlee (Fried Fish)

(Appendix-11)

<u>Ingredients</u>		<u>Amount</u>
Fish cleaned	(1 medium)	500 g
(cut into pieces)		
Ghee/Oil	(8 tablespoon)	80 g
Garlic (crushed)	(15 cloves)	15 g
<u>Spices</u>		
Iodized salt	(1 teaspoon)	4 g
Red chilli powder	(1/2 teaspoon)	2 g
Coriander powder	(1 teaspoon)	4 g
Garam masala	(1/2 teaspoon)	2 g
Ajwain	(1/4 teaspoon)	1 g
Vinegar	(4 tablespoon)	40 ml

### Method of Preparation

- Iodized salt the fish, let stand for one hour and then wash thoroughly.
- Mix all spices with crushed garlic and vinegar.
- Add spices to fish and mix well.
- Fry in hot oil untill brown.
- Serve hot.

## 12. Sajji (Roasted Meat)

(Appendix-12)

### Ingredients

		Amount
Lamb's leg	(1 piece)	500 g
Iodized salt	(3 teaspoon)	12 g
Ghee/oil	(4 tablespoon)	40 g

### Method of Preparation

- Iodized salt lamb's leg and pierce a rod in it.
- Light the coal fire.
- Arrange lamb's leg around it.
- Rub oil on lamb's leg time to time.
- When the meat is well done. Take out of the rod and serve hot.

## 13. Biryani (Rice with Meat)

(Appendix-13)

### Ingredients

		Amount
Chicken meat		250 g
Rice	(2 cups)	200 g
Onion (Chopped)	(1 medium)	100 g
Tomato (Chopped)	(1 medium)	100 g
Garlic (crushed)	(5 cloves)	5 g
Potato (cut into pieces)	(1 small)	80 g
Ghee/oil	(5 tablespoon)	50 g

### Spices

Iodized salt	(1 teaspoon)	4 g
Red chilli powder	(1/2 teaspoon)	2 g
Coriander powder	(1 teaspoon)	4 g
Turmeric powder	(1/4 teaspoon)	1 g
Garam masala powder	(1 teaspoon)	4 g
Water	(8 cups)	2000 ml

### Method of Preparation

- Fry onion and garlic in oil.
- Add all the spices, meat and tomatoes.
- Cook well.
- Add two cups of water and potatoes cook until meat and potatoes becomes tender. Set aside.
- Cook rice with water until rice become half done. Strain and set aside.
- Mix rice and meat.
- Cook over low heat for 30 minutes and serve hot.

## SWEET DISHES

## 14. Halwa Suji

Appendix-14

### Ingredients

		Amount
Semolina (Suji)		150 g
Ghee	(10 tablespoon)	100 g
Sugar	(12 tablespoon)	120 g
Cardamon	(1 teaspoon)	4 g
Water	(2 cups)	500 ml

### Method of Preparation

- Fry cardamon in ghee.
- Add semolina and fry well till it becomes golden brown in colour.
- Add sugar and fry well.
- Add hot water and let simmer for 15-20 minutes till it is cooked.
- Serve hot.

## 15. Zarda (Sweet Rice)

(Appendix-15)

### Ingredients

		Amount
Rice	(2 cups)	250 g
Sugar	(1 1/2 cups)	200 g
Ghee/oil	(5 tablespoon)	50 g
Cardamon	(1/2 teaspoon)	2 g
Almonds and Pistachio	(5 tablespoon)	50 g
Orange food Colour		1 g
Water	(4 cups)	1000 ml

### Method of Preparation

- Boil rice with fruit colour in 8 glasses of water till half done.
- Strain rice and set aside.
- Fry cardamon in oil. Add sugar and little water.
- Add rice and simmer on low flame for 10-15 minutes.
- Add almonds and pistachio on top.
- Serve hot.

**16. Kheer (Rice Pudding)**

(Appendix-16)

<u>Ingredients</u>		<u>Amount</u>
Whole milk	(2 cups)	500 ml
Cream	(½ cup)	125 g
Sugar	(½ cup)	125 g
Rice	(1 cup)	100 g
Cardamon	(½ teaspoon)	2 g
Almond and Pistichio	(2 tablespoon)	20 g
Water	(2 cups)	500 ml

**Method of Preparation**

- Boil rice in water.
- Mash rice and add milk and cream.
- Cook till it becomes creamy.
- Add sugar and cook well.
- Add cardamon, almonds and pistachio.
- Chill and serve.

**17. Halwa Gajjar**

(Appendix-17)

<u>Ingredients</u>		<u>Amount</u>
Red carrots (shredded)	(3-4 No)	500 gm
Sugar	(1 cup)	250 g
Ghee	(1½ cup)	250 g
Milk	(4 cups)	1000 ml
Cardamon	(½ teaspoon)	2 g
Almond and Pistichio	(2 tablespoon)	20 g

**Method of Preparation**

- Boil carrots with milk, till milk becomes dry and carrots tender.
- Add sugar and cook well.
- Add ghee and cardamons and cook till mixture leaves ghee.
- Add almonds and pistachio and serve hot.

