



To enhance flavour and aroma, black peppers and red chilli flakes are used in a variety of traditional recipes. Lahore | Punjab

# DINING *along* *the INDUS*



*Dining Along the Indus*  
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Written by  
Tanya Mirza Ashraf

Book Layout & Design at Markings by  
Samia Fatima

Photography by  
Amna Zuberi  
Mahwish Rizvi

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An array of colourful spices.

*Monsoon season cools temperatures and quenches the imagination  
after long, hot and humid summers in Pakistan. Lahore | Punjab*





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A rainbow of assorted vegetables, herbs and spices commonly used in Pakistani cuisine. Lahore | Punjab



One of Lahore's most iconic landmarks, the Badshahi Mosque, in all its glory. Commissioned by Emperor Aurangzeb in 1671, it is the second largest mosque in Pakistan. Lahore | Punjab

# Foreword



From the majestic Himalayan and Karakorum mountain ranges, the Indus River winds down the plains of Pakistan for nearly a thousand miles to the Arabian Sea. The banks of the river have been home to one of the world's oldest and greatest civilizations.

This mighty river has been Pakistan's lifeblood, animating much of its culture and history and shaped a distinctly Pakistani identity.

The title of this book 'Dining along the Indus' reflects what has also come to define the cuisine that has evolved as part of Pakistan's journey, underscoring the fact that the history of Pakistani cuisine is as old as the Indus Valley civilization.

Pakistan's culinary journey has been greatly influenced by the country's location at the intersection of three regions – South Asia, Central Asia and South West Asia. Thus the influences of several civilizations have left a deep imprint on Pakistan, a crossroads state, where an exciting fusion of such cultures has informed Pakistani life including its culinary heritage.

Perhaps the period of rule by the Moghul emperors, which spanned between the 16th and late 19th centuries, had the greatest impact on almost every aspect of life in the region – on architecture, art, poetry, music as well as food. The evolution of the region's cuisine thus came to be a blend of Persian and local traditions as well as influences from Central Asia.

Every region of Pakistan has also produced its own specialty as the various dishes and their

names in this book signify. If Chapli Kababs are the specialty of Khyber Pakhtunkhawa province and other Northern areas, Sindhi Biryani is special to the country's southern province. Dishes such as Lahori Fish and Paya are found in abundance in the Punjabi metropolis. Sajji is a Baloch specialty while Taka Tak and Bihari Kabab are most enjoyable on Karachi's Burns Road.

Indeed the diversity of regional cuisines contributes to the rich, colourful and aromatic varieties of food available across the country.

This book provides a 'taste' of the Pakistani culinary experience. But in addition to the food and the recipes featured, this book is also a celebration of the splendor of Pakistan, with colorful pictures depicting a country which is modern but with ancient roots and a rich cultural heritage.

It is a privilege to present this book to an international audience as an introduction both to a country of such extraordinary diversity and energy as well as to its cuisine, which continues to evolve and broaden its appeal to people way beyond its borders.

I am grateful to Nestlé Pakistan for this joint enterprise to 'offer' Pakistani food in all its colorful variety to the international community.

**Dr. Maleeha Lodhi**

Permanent Representative of Pakistan  
to the United Nations

A group of local, traditionally dressed Kalasha women engage in conversation. Kalash | Chitral





Food Street., located in the famous Anarkali Bazaar that dates back at least two hundred years | Fort Road | Lahore

## *Introduction*

Whichever region you visit along the River Indus, every household has been raised to receive guests and strangers with equally generous hearts and tables. However extravagant or humble, each Pakistani home takes keen customary pride in extending a dawat nama, an invitation to feast, to those who bless it with their company. No visitor is permitted to leave without tasting from the host's kitchen. And traditionally, a dastarkhawan is laid -- a complete meal spread across an ample tablecloth, placed on the floor, so it can feed a limitless number of callers. Nestlé celebrates the value of such virtuous hospitality, unabashedly inherent to Pakistani culture, in the pages that follow; its vibrant cuisine, the traditions upheld from field to feast, and all that colours the journey between. The separate charms of each province -- their music, clime, and lore -- though so particular to the locals, unite ever so harmoniously under one crescent and one star. How each delicacy reflects the customs that serve it, how some have rearranged themselves to serve cosmopolitan tastes, and how others stand as authentic as when they first arrived to this land, is how our pages illuminate Pakistan's collective hearth and soul.



Umer Hayat Mahal, Chinot | Punjab

## *The Grain of Life*

Chawal (rice) — its very mention strikes a comforting chord. As the world's fourth largest producer of this kharif (monsoon) crop, Pakistan relies heavily on rice cultivation for millions of jobs, as well as for the staple nutrition of its people. Grown primarily in the province of Punjab, the most popular variety of rice in the country, and indeed the world, is Basmati. Loved especially for its spicy aroma, it is the not only the preferred rice for savoury, but even for sweet dishes such as Kheer (see page 108)



Pakistan is a stunning topographical coalescence of cloud-ridden peaks to sun-baked beaches, with fresh-scented forests of evergreen and monsoon-soaked plains, stretching and swelling for miles within. All that is tendered in the ways of such vivacious terrain comes straight from its people's heritage and hearts.

Sindhi Biryani, traditional to the Deccan Region, and Kabuli Pulao, hailing from the mountains of Afghanistan, are both offered to commemorate special occasions. Several adaptations of biryani and pulao have evolved, influenced by the prevailing culture of a territory. Though biryani is more elaborate, both in preparation and presentation, than pulao, both are part and parcel of community tribute and family festivity. In fact, pulao is so complete in nutrition and flavour, its variations – such as the Caribbean coconut pilaf -- span far beyond the Indian Subcontinent.

However, perhaps Pakistan's most recognisable dish, a porridge-like mixture of rice and lentils, remains the humble but instantly gratifying Khichri. Incorporating all ten essential amino acids, every Pakistani has been fed this unerringly wholesome meal for its medicinal characteristics. Beloved between all classes of society, it is equally the rich man's comfort and the poor man's strength.

Left: A looming ivory minaret of Shah Ismail Bukhari's shrine. Chiniot | Punjab

Right: Fishermen and birds gather to soak in the warmth of a seaside sunset. Gwadar | Balochistan

# Sindi Biryani

Preparation Time: 30 Minutes  
Cooking Time: 50 Minutes  
Serving 10

## Ingredients

Whole Chicken	1.5 kg
Rice, Washed & Soaked	750 gram
Tomatoes, Sliced	300 gram (5 pcs)
Potatoes, Cut in Cubes	300 gram (3 pcs)
Plain Yogurt, Wipped	100 gram, (1.5 cup)
Onions	175 gram
Garlic	2 tbsp
Ginger	2 tbsp
Small Green Chillies	4 pcs, cut half
Fresh Coriander Chopped	01 cup
Mint Leaves	01 cup
Cooking Oil	200 ml
Sindhi Biryani Masala Pack (available at grocery stores)	01 pack

## Method

Fry onions in hot oil until light golden. Add meat and garlic paste.

Stir fry for 4-5 minutes on high heat.

Add Sindhi biryani masala pack, potatoes, yogurt, ginger paste (prepare by grinding ginger in 2 tbsp water) and stir fry for 5 minutes.

Mix water with meat (if beef/lamb then 4 cups, if chicken then 2 cups). Cover and cook on low heat until meat is tender.

When cooked there should be about 2 cups of gravy left (if less, add more water; if it's too much, increase heat).

Place sliced tomatoes, green chilies, fresh coriander and mint leaves over the meat. Do not mix meat.

Cover and cook on low heat for 5 minutes. Do not stir.

Separately, mix 3 tbsp of salt and soaked rice in 3 liters of boiling water.

Boil rice until  $\frac{3}{4}$  cooked. Remove and drain thoroughly.

Spread cooked rice evenly over meat. Do not mix rice and meat.

Cover and cook on low heat until rice is tender (cook for 5-10 minutes). Mix before serving.

---

Nutrition Information: Energy 487 Kcal, Fat 25 g,  
Protein 35 g, Carbohydrates 25 g.



# Khichri

Preparation time: 10 minutes

Cooking time: 40 minutes

Serving 3

## Ingredients

Rice	1/2 cup
Moong dhal	1/2 cup
Turmeric powder	1/4 tsp
Hing powder	1/8 tsp
Ghee	1 tsp
Oil	1 tsp
Cumin seeds	1/2 tsp
Mustard seeds	1/2 tsp
Ginger (finely chopped)	1 tsp
Green chilli (finely chopped)	1
Tomato (large)	1
Green peas	1/4 cup
Salt	to taste
Cilantro	for garnishing

## Method

Mix  $\frac{1}{2}$  a cup of rice and  $\frac{1}{2}$  a cup of moong daal in a bowl. Soak mixture in water for 20 minutes, then drain and leave aside. Put the rice and daal mixture in a pressure cooker, and add  $3\frac{1}{2}$ -4 cups of water to it. Add salt, turmeric powder and hing powder to the pressure cooker.

Cook in high heat for 5 whistle counts. Once rice and daal have been cooked, they will have a mushy texture. Leave mixture aside for a while. Heat a pan on medium heat, add ghee and oil (you could also only use oil to keep it vegan). Once oil/ghee are heated, add cumin seeds and mustard seeds. Cook until cumin seeds begin to sizzle and mustard seeds start to pop up.

Add chopped ginger and green chilli to the mix, sauté for 30 seconds or until the ginger becomes a light golden-brown colour. Add chopped tomatoes and green peas, and cook for another 2 minutes, making sure the tomatoes don't become too mushy. Add the cooked rice and daal to the mixture in the pan, and mix well until combined. Add salt to adjust the taste. Garnish with cilantro and serve the moong dal khichri with extra ghee on top. Serve alongside some papar, achar and yogurt.



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Nutrition Information: Energy 178 Kcal, Fat 4 g,  
Protein 8 g, Carbohydrates 29 g.

# Kabuli Pulao

Preparation Time: 30 minutes

Cooking Time: 1 Hour

Serving 10

## Ingredients

Sella rice	1 kg
Boneless Beef (cut into large pieces)	1 kg
Onions (medium sized)	3
Tomatoes (medium sized)	5
Carrots (medium sized)	3
Oil	3 serving spoons
Readymade garam masala	2 tbsp
Salt	to taste
Sugar	1 tbsp
Raisins	2 tbsp
Almonds	20 pieces
Walnuts	5 pieces
Cashew nuts	10 pieces

## Method

\*Rice should be kept in water for 30 minutes before cooking

\* Beef must be boneless

Boil beef in water, adding readymade garam masala 1 tbsp and salt till beef is tender. This will take approximately 30 minutes in a cooker.

In a pan, add oil and fry onions until brown, then add tomatoes.

Add beef in the pan, fry for 5-10 minutes.

Add stew (broth), which should be double the amount of the rice.

Then add salt, readymade gaaram masala 1 tbsp and raisins.

When some water is left, add all the nuts and cover. Leave for simmer for 20 minutes.

Cut carrots into thin slices, boil for 5 minutes and drain water.

Add tbsp oil in the pan, then add boiled carrots and sugar.

Stir for a while, then remove from stove.

Place rice in a serving dish, add carrots and finely chopped nuts for garnishing.



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Nutrition Information: Energy 357 Kcal, Fat 14 g,  
Protein 23 g, Carbohydrates 29 g.



A street vendor prepares several dishes across a sizzling row of karahis at once; a common sight in Pakistan's bustling cities. Karachi | Sindh



Shahi Hamam | Lahore, Punjab



## Aromatic Curries

Pakistani cuisine boasts a variety of meat curries, many of which migrating Muslims brought to its largest cities from their ancestral regions in India. Household standards depend largely upon the dietary conventions of a particular place, and somewhat on what a family has come to favour over the generations. In fact, the particular combination of whole, ground, cooked, or raw spices, with chicken, mutton, or beef, is almost always suited to what the elders ate as children.

If variety is the spice of life, spice itself is the life of Pakistani cuisine. Common to the base of each curry's sauce is a distinct blend of turmeric, cumin, ginger, red chillies, and coriander. Rich in antimicrobials, such plant elements are an essential source of protection - where heat is the main cause of infectious illnesses.

Daal Gosht and Haleem, two exquisite concoctions of meat and lentils, originated from Mughal India and Arabia respectively, yet have come to be known as distinctly Hyderabadi dishes in Pakistan.

Paya hails from the Punjab and Kunna specifically from the Chinioti people of the same province. Both curries are cooked on a low heat for hours, combining mutton meat and bones in a heavily spiced broth. The preeminent meat curry, however, even recommended abroad as the national dish of Pakistan, is Nehari. And although it is served all over the nation, it is Karachi that launched this delicacy's fame worldwide.

Built in 1872, Noor Mahal is a glorious red stone structure inspired neoclassical by Italian chateaus. Bahwalpur | Punjab



# Daal Ghosht

Preparation time: 20 minutes

Cooking time: 40 minutes

Serving 5

## Ingredients

Meat/Mutton	500 grams
Onions (medium sized, finely sliced)	3 pieces
Split Chickpeas	1½ cups
Oil	3 tbsp
Ginger-garlic paste	1 tbsp
Green chilli	4 pieces
Salt	to taste
Red chilli powder	1 tsp
Turmeric powder	½ tsp
Readymade garam masala powder	1 tsp
Mint leaves	1 tbsp
Coriander leaves	1 tbsp
Yogurt (beaten)	1 cup
Coconut powder (dry, roasted)	1 tbsp

## Method

Soak chickpeas in water for about 30-60 minutes. Put oil in a pressure cooker and heat it.

Add sliced onions and saute them until they become translucent. Slit the green chillies, sauté them, and add ginger-garlic paste to the mix.

Add mutton pieces to mixture and roast.

Then add salt, red chilli powder, and turmeric powder. Mix well and cook for a few minutes.

Add the soaked chickpeas to this mixture, cook for a few minutes.

Then add beaten yogurt, cook for a few seconds. Add roasted dry coconut powder, mix well. Cook for 3-5 minutes. Add more water to the pressure cooker to ensure mutton and chickpeas become tender. Reduce the steam and add readymade garam masala powder, mint leaves and coriander leaves.

Cook for a while and switch off stove.

Serve hot with roti or rice.

\*Soaking chickpeas is an important step as chickpeas takes a longer time to tenderize compared to others.



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Nutrition Information: Energy 474 Kcal, Fat 29 g,  
Protein 40 g, Carbohydrates 17 g.



# Nihari

Preparation time: 20 minutes

Cooking time: 4-5 hours

Serving 6

## Ingredients

Salt	to taste
Chili powder	2 tsp
Fennel seeds	1 tsp
Whole black pepper	1½ tsp
Cumin seed	1½ tsp
Cardamom pods	2 pieces
Cloves	10 pieces
Cardamom (large)	2 pieces
Cinnamon	2 sticks
Turmeric	½ tsp
Bay leaf	2 pieces
Nutmeg (crushed)	1 pinch
Coriander seeds	2 tsp
Ginger	1 piece, for garnishing
Green Chilies	4 pieces, for garnishing
Coriander leaves	½ bunch, for garnishing
Beef boneless	1 kg

## Method

Heat oil in a heavy based pot, add meat and fry.

Add salt, chili powder, turmeric, coriander powder and ginger paste.

Mix well and add a little water.

Dissolve flour in ½ cup of water and add to meat. Bring mixture to a boil.

Grind all the whole spices.

Put all the ground spices in a fine cotton cloth bundle and add to meat.

Add 3-4 cups of water; cover and leave to tenderise on a very low flame.

It can take up to 5-6 hours if using chicken, and more if using beef/mutton.

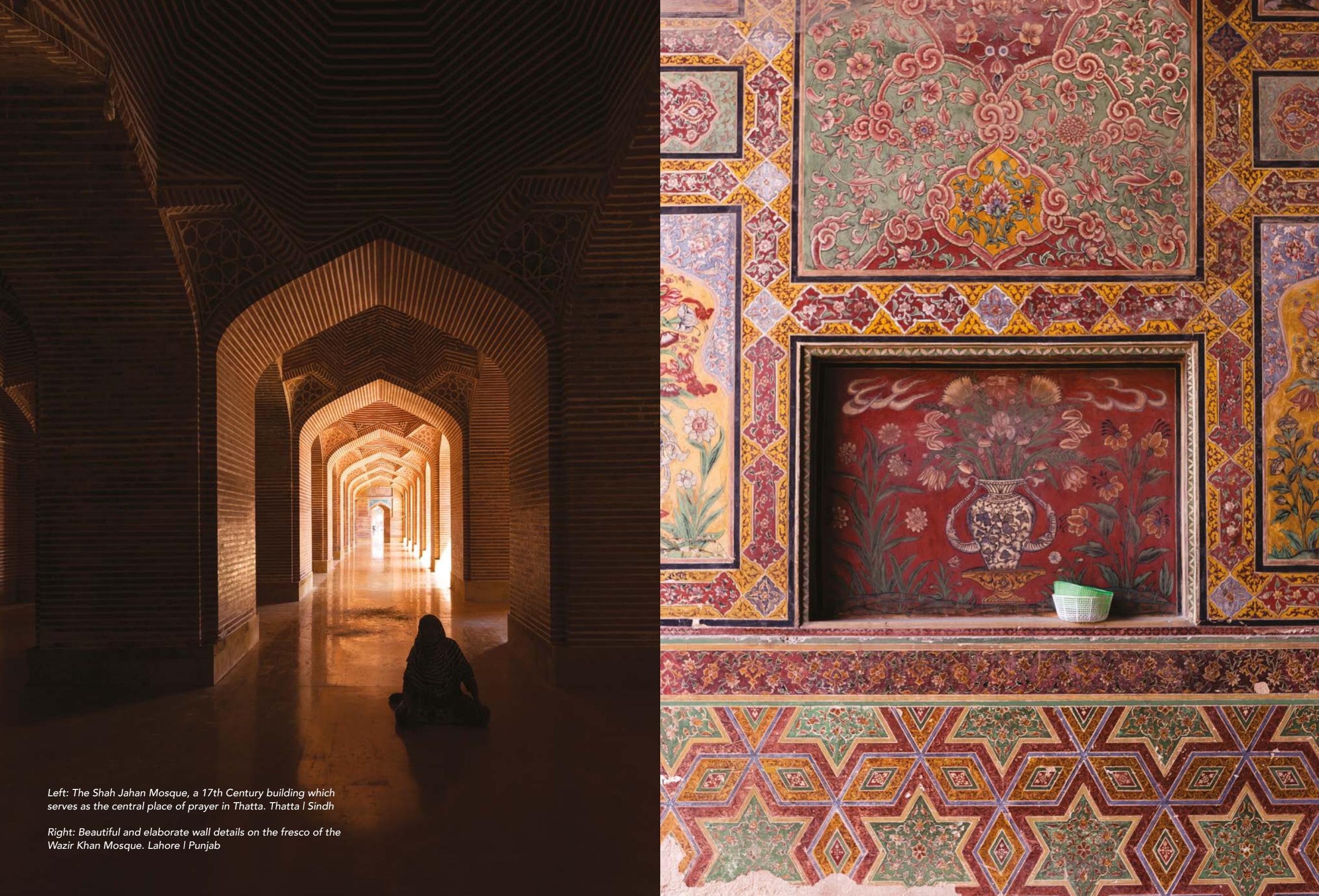
Once the meat has softened, remove the bundle of spices and cook the curry to your desired consistency.

To garnish, fry some onion slices in a little oil until golden brown and add to nihari.

Also garnish with fresh finely chopped coriander, ginger and green chilies.

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Nutrition Information: Energy 313 Kcal, Fat 18 g, Protein 38 g, Carbohydrates 0 g.



Left: The Shah Jahan Mosque, a 17th Century building which serves as the central place of prayer in Thatta. Thatta | Sindh

Right: Beautiful and elaborate wall details on the fresco of the Wazir Khan Mosque. Lahore | Punjab

# Kunna

Preparation Time: 30 minutes  
Cooking Time: 4 Hours  
Serving 8

## Ingredients

Mutton shank with bone	1-1½ kg (6-8 large pieces)
Oil	½ cup
Garlic paste	3 tbsp
Ginger paste	3 tbsp
Red chilli powder	4 tsp
Salt	1 tsp
Yogurt	4 tbsp
Cumin	2 tbsp
Aniseed	2 tbsp
Black pepper	2 tbsp
Dry ginger	2 tbsp
Black cardamom	2 tbsp
Cloves	1 tbsp
Nutmeg	1 tsp
Mace	1 tbsp
Flour	6 tbsp
Onion (thinly sliced)	2 pieces (large) for garnishing
Green chilies (chopped)	for garnishing
Ginger (chopped)	for garnishing
Lemon slices	

## Method

Heat oil, add the meat, ginger, garlic, red chili powder and salt. Stirring frequently, fry until the meat turns brown for about 5-8 minutes. Add yogurt and stir frequently; fry until all the moisture has evaporated. Add water and cook over medium heat for about 1 hour or until meat is done. Meanwhile grind the cumin, aniseed, black pepper, dry ginger, cardamoms, cloves, nutmeg and mace to a fine powder and then sieve it. Add 3-4 tablespoons of the sieved spices to the meat, cover and cook over low heat until the meat is fully tender. Dissolve flour in 2 cups of water , and while stirring carefully, pour it into the gravy (do not stir hard, otherwise the meat will break into small pieces). Heat oil in a frying pan. Add the sliced onions and stir frequently. Fry for 10 minutes until onions are a golden-brown colour. Lift out all the onions with a slotted spoon, add to the kunna and stir carefully. Garnish with green chilies, ginger (chopped) and lemon slices.



Nutrition Information: Energy 483 Kcal, Fat 30 g,  
Protein 43 g, Carbohydrates 11 g.



# Paya

Preparation time: 30 minutes  
Cooking time: 1 hour 45 minutes  
Serving 4

## Ingredients

Sheep's trotters	4 pieces
Rice flour	1 tbsp
Lemon juice	1 tbsp
Ghee	1/4 cup
Cumin seeds	1 tsp
Onions (grated)	1 cup
Ginger paste	1 tsp
Garlic paste	1 tsp
Tomatoes (chopped)	1 cup
Green chilli (chopped)	1 pc
Chilli powder	1 tsp
Turmeric powder	1/2 tsp
Readymade garam masala	1/2 tsp
Salt	to taste

## Method

Wash the trotters and cut into 2 pieces. Rub trotters with rice flour and salt and wash again. Soak trotters in 2 cups of water in a pan.

Add salt to taste. Bring it to a boil. Lower the heat and simmer for 1 1/2 hour, adding more water if needed. To make the masala, heat ghee and add cumin. When it splutters, add onion, ginger and garlic. Cook till the fat separates. Add tomatoes, green chilli, chilli powder, turmeric, readymade garam masala and salt to taste.

Add mixture to trotters and stir-fry till well coated with the masala. Add the stock of the trotters and more water (depending on how thin you want the gravy). Simmer for 3-4 minutes and serve.

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Nutrition Information: Energy 941 Kcal, Fat 103 g, Protein 3 g, Carbohydrates 0 g.

# Haleem

Preparation time: 10 minutes  
Cooking time: 50 minutes  
Serving 8

## Ingredients

Mutton (small cuts, boiled)	1 kg
Daal mash (boiled)	1/4 cup
Daal moong (boiled)	1/4 cup
Daal chana (boiled)	1/4 cup
Daal masoor (boiled)	1/4 cup
Wheat	1 cup
Oil	1 cup
Onion	250 g
Ginger-garlic paste	1 tbsp
Readymade garam masala (powder)	1 tsp
Readymade haleem masala	50 g

## Method

Mix boiled meat with ginger-garlic paste, readymade haleem masala and 2 glasses of water.  
Braise gently over heat until meat tenderises, then mash thoroughly.  
Grind the boiled daals and wheat, mix into the meat and simmer for 30 minutes, then add readymade garam masala powder.  
In a separate pan, heat oil and fry finely sliced onions until golden-brown and crisp.  
Pour the onions and oil over the haleem, bring it to a quick boil and serve piping hot.



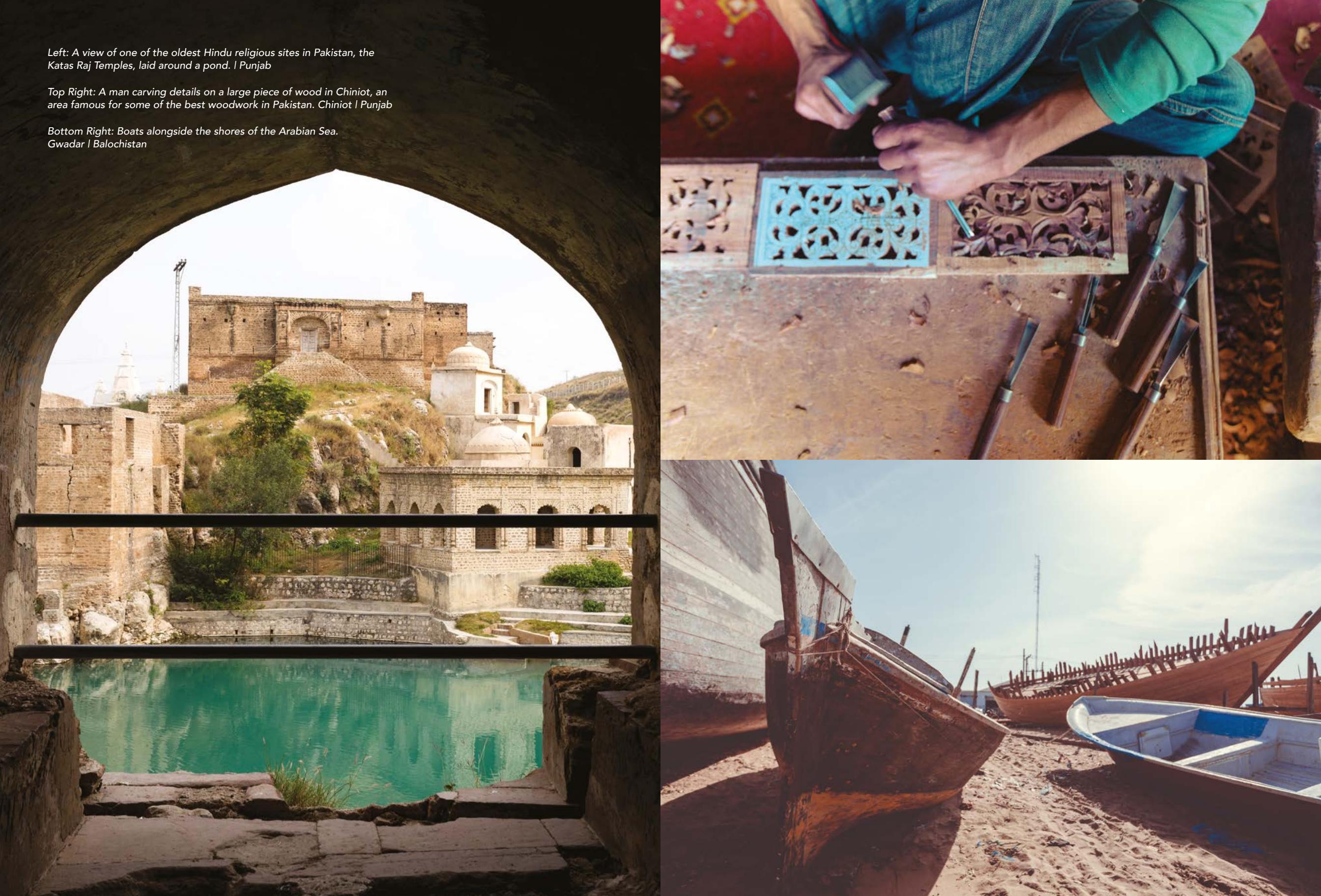
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Nutrition Information: Energy 630 Kcal, Fat 37 g,  
Protein 46 g, Carbohydrates 27 g.

*Left: A view of one of the oldest Hindu religious sites in Pakistan, the Katas Raj Temples, laid around a pond. | Punjab*

*Top Right: A man carving details on a large piece of wood in Chiniot, an area famous for some of the best woodwork in Pakistan. Chiniot | Punjab*

*Bottom Right: Boats alongside the shores of the Arabian Sea. Gwadar | Balochistan*





Buddhist Monastery in Taxila | Punjab



## *Meaty Extravaganza*

Despite originating from Khyber Pakhtunkhwa and its adjoining areas, because meat offers both strength and warmth against the bitter cold, barbecue and slow-cooked meat dishes using a minimum of spices have grown immensely popular all the way to the Southern tip of Pakistan. In fact, popular restaurants in the harbor city of Karachi serve some of the most mouth-watering authentic Peshawari Namak Gosht and Chicken Tikka in the country.



Many dishes, adopted as far back as the Sixteenth Century from invading Mongols by the Muslims of India, started featuring regularly in the grandest of feasts prepared for royalty, emperors and maharajas alike. One such Mughal delicacy, prepared in thick spicy gravy, is the Mutton Champ (chop). Meanwhile, the Bihari Kebab uses a marinade unique to the state of Bihar, infused with mustard oil and tenderised with papaya to give it an incomparably melt-in-your-mouth texture. Before being introduced commercially Sajji was usually served by Balochis as a special treat when they were entertaining guests after a hunting expedition. Cooked by indirect heat in a sand pit, a good sajji takes at least three hours to cook and this is the secret to its excellence.

Lahori fried fish are actually from Karachi. Nevertheless, this crispy, piquant, and indelibly Lahori entrée is enjoyed all over the country, especially at weddings and other celebratory events. Also from the city boasted as heart of Pakistan, comes the wildly exotic dish, Takka Takk, which gets its name from the rhythmic clanging sound made by a metal spatula hitting the wok whilst chopping and mixing meat, select organs, vegetables, and spices, with butter. Deep-fried on a high flame, both dishes hearken to the Punjab's love for what is both rich and heavy.

*Left: A Sikh man outside the Hinglaj Mata temple, situated close to the Hingol National Park. Hinglaj Mata | Balochistan*

*Right: A variety of khajoors (dates) available at a local street market. Bahawalpur | Punjab*



# Sajji

Preparation time: 45 minutes

Cooking time: 1 hour

Serving 4

## Ingredients

Whole chicken with skin	1 piece
Ajwain	50g
Salt	to taste
Water	1 jug
Ginger & Garlic Paste	30 g

## Method

Add all ingredients in water and dip chicken in mixture.

Leave aside for one hour.

After one hour, take out chicken and put it on skewer.

Grill chicken on charcoal, until golden to light-brown and is well cooked.



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Nutrition Information: Energy 292 Kcal, Fat 9 g,  
Protein 50 g, Carbohydrates 2 g.



# Lahori Fish

Preparation time: 30 minutes

Cooking time: 20 minutes

Serving 3

## Ingredients

Fish fillet	1/2 kg
Lemon juice	2-3 tbsp
Salt	1 tsp
Garlic-ginger paste	1 tsp
Anardana	1 tsp
Red chilli flakes	1 tsp (heaped)
Ajwain	1/2 tsp
Cumin (roasted, crushed)	1 tsp
Coriander (roasted, crushed)	1 1/2 tsp
Turmeric (haldi)	1/4 tsp
Chickpea flour (baisan)	4 tbsp
Chaat masala	32 pinches

## Method

Clean fish fillets, gently pat to dry. This is an important step to ensure that the fish won't be watery.

If distinct fishy smell lingers, apply lemon juice and salt over fish and rinse after 30 minutes.

Apply all ingredients on fish, except chickpea flour and chaat masala.

Marinate fish for 4-5 hours, or preferably overnight.

Once marination is complete, apply chickpea flour on fish. Dust off excess, then deep or shallow fry fish.

Apply more chickpea flour if needed by lightly coating fish.

Avoid adding any water to chickpea flour.

If shallow frying, avoid moving fillets as coating will break off.

Once fried, sprinkle chaat masala on top and enjoy fish with tamarind (imli) sweet and sour chutney, naan or tandoori roti.

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Nutrition Information: Energy 585 Kcal, Fat 30 g, Protein 34 g, Carbohydrates 44 g.



Top Left: Women dressed in Pakistan's national dress, the shalwar kameez and dupatta, enjoying their roadside refreshments. Lahore | Pakistan

Bottom Left: Traditional metal pots, still used to transport milk in old Lahore. Lahore | Punjab

Right: A variety of pickled fruits and vegetables, known locally as achaar, available in abundance at a marketplace in the Walled City of Lahore. Lahore | Punjab



# Chicken Tikka

Preparation time: 20 minutes

Holding time: 4 hours (refrigerated)

Cooking time: 20 minutes

Serving 4

## Ingredients

Garlic paste	1 tbsp
Ginger paste	½ tsp
Coriander powder	2 pinches
Red chilli (chopped)	1 piece
Oil	2 tbsp
Chicken (leg piece)	4 pieces
Yogurt	1½ cup
Lemon juice	1 tsp
Salt	to taste

## Method

Wash the chicken pieces well and drain.

Drain excess water and keep the chicken aside.

For the marination paste, mix ingredients with yogurt and blend until smooth.

Marinate chicken in the marination paste for 4 hours.

Skewer the chicken pieces and grill over charcoal fire.

Served with Rice/Tandoori Bread & Mint Chutney.



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Nutrition Information: Energy 357 K cal, Fat 35 g,  
Protein 10 g, Carbohydrates 1 g.

# Tandoori Lamb Chops

Prep Time: 40 minutes  
Cooking Time: 30 minutes  
Serving 4

## Ingredients

Yogurt	200 grams
Cumin powder	1½ tsp
Readymade garam masala	1½ tsp
Coriander powder	1½ tsp
Turmeric powder	1 tsp
Chilli powder	1½ tsp
Salt	to taste
Lemon juice	4 tbsp
Ginger-garlic paste	2 tbsp
Lamb chops (on bone)	12 pieces

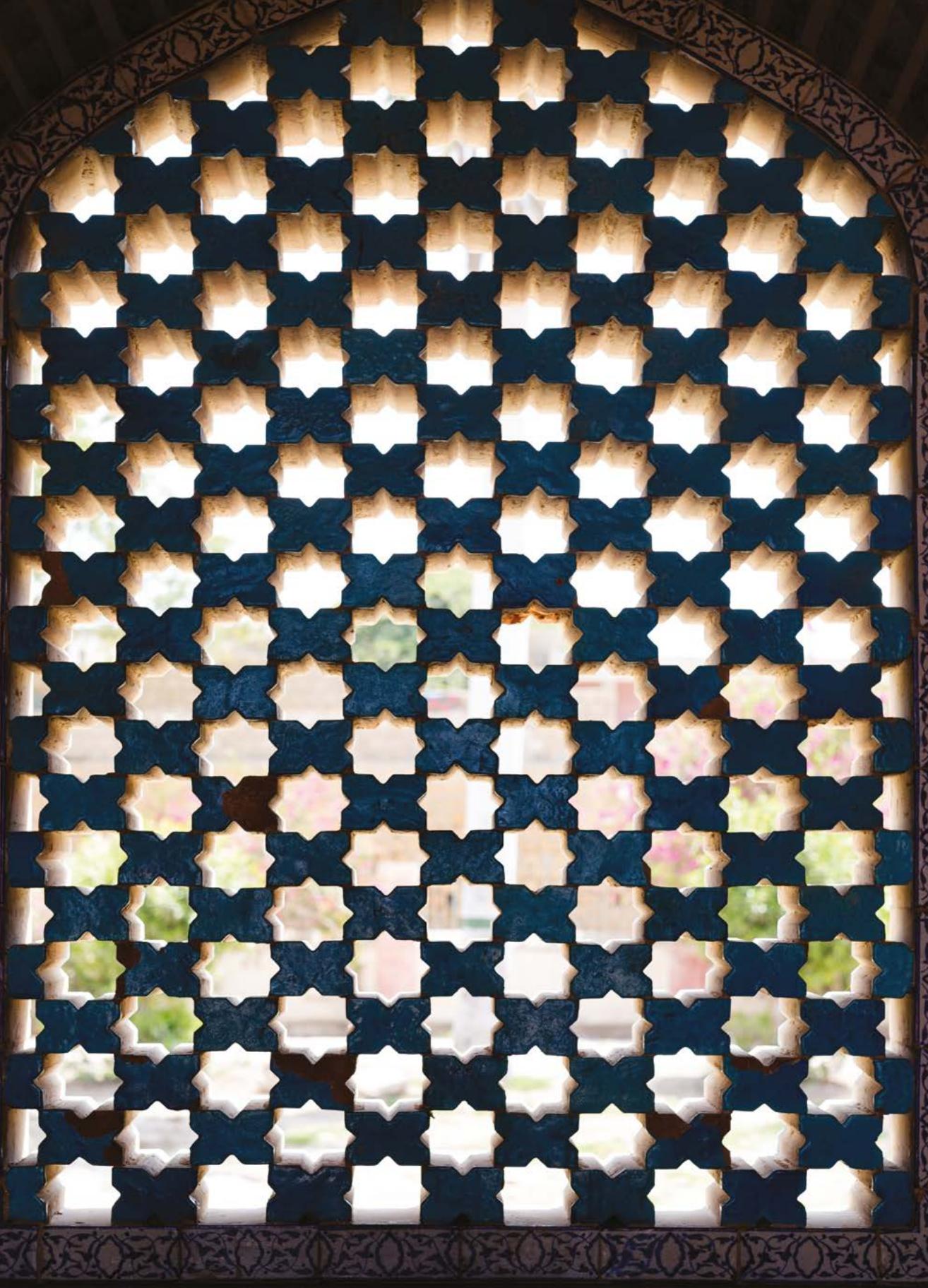
## Method

Apply salt and ginger-garlic paste to lamb chops and keep aside for 20 min.  
Take a bowl and make a marinade with the rest of the ingredients. Apply marinade to the chops and leave the bowl covered for another 30-60 min.  
Arrange lamb chops in the skewers and cook in a pre-heated tandoor or over a charcoal grill till tender.  
Once chops are cooked and have a nice charred texture on top, remove from tandoor.  
Garnish with fresh coriander leaves; serve hot with mint chutney and onion rings.  
Serve with white rice OR tandoori bread/naan.



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Nutrition Information: Energy 112 Kcal, Fat 6 g, Protein 13 g, Carbohydrates 1 g.



Left: Wall details of the Shah Jahan Mosque. Thatta | Sindh



Right: Inside details of the Samadhi of Ranjit Singh, a 19th century construction, home to the funerary urns of the Sikh leader for which it is named. Lahore | Punjab

# Takka Takk

Preparation time: 20 minutes

Cooking time: 40 minutes

Serving 5

## Ingredients

Minced mutton	1 kg
Boiled kidneys	250 g
Boiled kapuray	250 g
Boiled Mutton Brain	6
Onion (chopped)	2 tbsp
Tomato (chopped)	3
Ginger & garlic paste	100 g
Green Chilli (chopped)	5
Coriander (crushed)	for garnish only
Salt	to taste
Crushed chilli	2 tsp
Red chilli	1 tsp
Tumeric	1 tsp
Cumin seeds	2 tsp
Carom seeds	1 tbsp
Whole coriander (crushed)	1 tsp
Cooking oil	1 cup

## Method

Heat cooking oil in a large hot plate. Add chopped onion, sauté till light brown, then add ginger garlic paste and stir till it becomes brown.

Add minced chicken and stir till it is partially cooked.

Add all spices, stir, then add tomatoes and cook for 20 minutes so that all ingredients are well cooked. It will be obvious when you see oil extracts.

Add the remaining meat items and mix together, making the takka tak with its authentic sound from the hot plate.



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Nutrition Information: Energy 225 Kcal, Fat 9 g,  
Protein 22 g, Carbohydrates 25 g.

# Bihari kabab

Prep Time: 40 minutes

Cooking Time: 30 minutes

Serving: 5

## Ingredients

Beef tenderloin (cut into 1 inch strips)	1 kg
Vegetable oil	2 tbsp
Ginger paste	1 tbsp
Garlic paste	2 tsp
Cumin powder	1 tsp
Coriander powder	2 tsp
Papaya paste	2 tbsp
Ground pepper	1 ½ tsp
Red chilli powder	1 ½ tsp
Star anise (ground)	1 ½ tsp
Mace (ground)	1 ½ tsp
Salt	to taste
Yogurt	1 cup
Onions (thinly sliced)	2

## Method

Fry the onions until golden-brown and soft, and leave to dry on a paper towel.

Grind onions to a paste in a blender or food processor. Mix beef strips with onion paste, all the spices, and the yogurt in a mixing bowl (use a glass bowl or a stainless steel bowl if available).

Refrigerate overnight or for at least 8 hours.

Mix marinated beef with papaya paste. Leave aside for an hour.

Thread the beef strips into skewers and grill or broil in the oven for about 20 minutes. Rotate the skewer and grill for another 20 minutes or till done.

Bihari kebab is best served when wrapped in a paratha. Add lemon juice, a pinch of chopped onions, and a pinch of chopped parsley.

---

Nutrition Information: Energy 360 Kcal, Fat 19 g, Protein 44 g, Carbohydrates 4 g.





Left: A signboard denoting nearby locations.  
Chilam Chauki | Gilgit Baltistan

Right: Garlands adorn the shrine of the famous Sufi poet, Bulleh Shah; where devotees flock to pay their respects all year round, rain or shine. Kasur | Punjab





Corn harvested in a field in Central Punjab.



## *Glorious Harvest*

The mustard plant is abundantly harvested in Punjab, where its people stew its leaves along with other greens, such as spinach, to make Sarson Ka Saag. Both heavy and wholesome, it is an established winter favourite, best served with a dollop of butter or ghee, and eaten with Makai Ki Roti (see page 97). Another choice Punjabi dish, Paneer Makhni is a bittersweet concoction of butter and cream cubes cooked in a thick tomato-based curry. As an alternative to Chicken Makhni, it is especially popular amongst vegetarians worldwide.



*Founded in the 8th CE, the Baltit Fort is dazzling sight to behold. With a foundation that dates back seven hundred years, it now serves to preserve the culture of its surrounding region by hosting a museum within. Hunza | Gilgit Baltistan*

Primarily a Muslim and therefore meat-eating nation, Pakistan may not boast a vegetarian menu as vast as its neighbor, India, but the vegetable delicacies it does put forth are no less dazzling in invention and intent. Celebrating the humble eggplant, Bhagairey Baingan, can be served as both a main as well as side dish. Acclaimed as a Sindhi and specifically Hyderabadi curry, it traces its roots as far as Tashkent, Uzbekistan. Bhee is yet another Sindhi speciality, embellishing the otherwise bland lotus stem by sautéing it along with onions and tomatoes to offer a more pungent taste.

Suggesting a combination of plants by definition, Mixed Sabzi incorporates at least three different types of vegetables; typically white, red, and green. Whether grilled, steamed, or fired, each locale boasts revisions to suit a people's taste, inherited recipes, and methods of preparation.

# Bhagairey Baingan

Preparation time: 20 minutes

Cooking time: 40 minutes

Serving 6

## Ingredients

Baingan (small)	6-8 pieces
Oil	for deep frying
Oil	5 tbsp, for cooking
Onion (chopped)	4
Ginger	1 tsp
Garlic	1 tbsp
Dry coconut (grated)	2 tbsp
Coriander (roasted)	1 tsp
Brown cumin seed	1 tsp
Tamarind paste	1 tbsp
Salt	to taste
Turmeric	1 tsp
Red chilli powder	1 tsp
Curry leaves	5 pieces
Coriander	1 tbsp, for garnishing
Brown sesame seed	½ tsp

## Method

Slit the bhaingans and deep fry the pieces over high heat, until they become glossy and slightly tender.

Remove the fried pieces from the oil and keep them aside. Grind the coconut and the roasted coriander, cumin and sesame seeds together. Use a little water if need be.

Heat 1/4 cup oil, sauté the onions, ginger and garlic until the onions become soft and slightly transparent.

Add curry leaves, then the ground mixture and sauté till the fat separates. Add tamarind paste, salt, turmeric, and red pepper. Mix well, then add the bhaingan pieces. Add about 1/4 cup of water, bring to a boil and simmer while covered for about 5 minutes.

Garnish with coriander, and serve with tandoori bread/naan.

---

Nutrition Information: Energy 129 Kcal, Fat 10 g, Protein 1 g, Carbohydrates 10 g.





Left: Fresh seasonal fruits available at roadside markets.  
Lahore | Punjab

Right: A colourfully clad instrumentalist performs outside the  
shrine of scholar, mystic, saint, and poet, Shah Abdul Latif  
Bhitai. Sindh | Pakistan



# Sarsun Ka Saag

Preparation time: 10 minutes

Cooking time: 80 minutes

Serving 4

## Ingredients

Sarson saag	750 grams
Palak saag	250 grams
Bathua saag	250 grams
Water	2 cups (with a pinch of salt)
Makkai ka ata	1 ½ cups
Green chilli	4
Ginger	25 grams
Onion (chopped)	2 pieces
Garlic	6 cloves
Ghee	100 grams
Red pepper (powder)	½ tsp
Readymade garam masala	½ tsp
Coriander powder	½ tsp

## Method

Mix the three saags, salt and water into a pressure cooker and cook over a low flame for 1½ hours.

Squeeze out saag and keep saag water aside.

Mash saag in the cooker until coarsely ground, and add makkai atta and stir.

Put saag back into water, add some fresh water and boil over a slow flame.

Add green chillies and ginger, and cook until saag becomes thick.

For tadka, add chopped onions, ginger, garlic, red pepper powder, readymade garam masala, and coriander powder.

Sauté until onions are light brown.

Mix into saag and garnish with julienne of ginger fried in ghee.

---

Nutrition Information: Energy 78 Kcal, Fat 26 g,  
Protein 8 g, Carbohydrates 14 g.

# Mix Sabzi

Preparation time: 30 minutes

Cooking time: 35 minutes

Serving 4

## Ingredients

Potato (diced)	1 cup
Green peas	1 cup
Carrots (diced)	½ cup
Eggplant (diced)	½ cup
Gobi	1 cup
Tomato (chopped)	½ cup
Onion (chopped)	½ cup
Ginger-garlic paste	1 tbsp
Cumin (powder)	1 tsp
Turmeric (powder)	1 tsp
Red chilli (powder)	1 tsp
Cumin (whole)	1 tsp
Cooking oil	½ cup
Fresh coriander	1 tbsp

## Method

Sauté onion in medium-hot oil until tender.  
Add ginger-garlic paste, salt and all spices. Mix well.  
Stir water into the saucepan, mix all vegetables  
while stirring often until vegetables are tender.  
Serve hot, and garnish with fresh coriander  
and ginger.



---

Nutrition Information: Energy 82 Kcal, Fat 1 g,  
Protein 4 g, Carbohydrates 34 g.



*Left: Locals flock to enjoy the scenery at Sea View Beach, Karachi | Sindh.*

*Right: The calm green and white of Pakistan's flag against the fiery hues of its extraordinarily distinctive truck art.*





Lahore Fort, a UNESCO World Heritage Site. Lahore | Punjab



## *Crust & Crumb*

The three prevailing categories of bread in Pakistan are Roti (or Chapati), Naan, and Paratha.

Made of unleavened whole wheat flour, kneaded with water, and dry-cooked on a tawa (griddle), a roti's size, shape, and thickness may vary in different areas, but for the most part its preparation remains the same. Some elaborations on this basic recipe have become regional classics, such as Makai Ki Roti, made of corn flour. Typically served with Sarson Ka Saag (see page 79'), a cool tall glass of Lassi (see page 133), and always topped with a healthy chunk of butter or ghee, this is one delicious Punjabi specialty. Made of white flour, it is rolled and re-rolled, and has several layers, resembling the modern puff pastry. Milk or ghee is sprinkled a couple times on Bakarkhanis, as they bake in a tandoor, so they obtain a rich golden color.



Naan is a leavened tandoor-baked flat bread, made of white flour, yeast, salt, and water kneaded together, and baked in a hot tandoor (cylindrical clay or metal oven). Its Punjabi version is the Kulcha, with the Lahori Kulcha being most popular of all. Various fillings, such as cottage cheese, mincemeat, or potatoes, can be used for stuffing the Kulcha before baking, and sesame seeds, coriander, or garlic for an even denser flavour. Introduced by the Mughals and favoured by Pakistan's Northern areas, the Roghni Naan is a wonderful sample of cross-cultural fusion. Characterised by its sprinklings of poppy and onion seeds, its preparation incorporates egg, yeast, milk, and yogurt in the mix.

In Punjab, Lassi (see page 133), Paratha, and pickles are a beloved combination. A paratha is made by pan-frying whole wheat flour atop a tawa (griddle), usually laden with ghee. Ghee (or butter) is added into the kneaded dough or layers of the paratha during the frying process as well. Parathas can be eaten plain or stuffed with mince, potatoes, or various vegetables, and are best served with yogurt or raita (curd and raw vegetable condiment).

Why the Sheermal stands alone is because it accompanies both sweet and savoury dishes with equal aplomb. A mildly sweet, soft and thick bread, its name literally means 'milk bread', for 'sheer' is milk in Urdu. For its exquisite taste, wheat flour, semolina, milk, water, ghee, and yeast, are kneaded together and rolled into a plump disc. Then fine holes are punched into this, it is brushed with more milk, and then baked in a hot tandoor.

*Left: Roadside vendors sell fresh produce in most every rural and urban neighbourhood across the country.  
Lahore | Punjab*

*Right: A local girl is all smiles. Gans Village*

# *Sheermal*

Preparation time: 20 minutes

Cooking time: 20 minutes

Serving 6

## Ingredients

Refined flour (maida)	3 cups
Milk	1 cup
Milk (extra)	2 tbsp
Sugar	1 tsp
Ghee	¾ cup
Salt	to taste
Saffron	a few strands

## Method

Soak saffron strands in 2 tbsp of hot milk for 30 minutes, then mix well to dissolve the saffron.

Mix flour, salt and sugar and add melted ghee.

Mix ghee in, add a little milk at a time, and knead into a soft smooth dough.

Cover and keep aside for 2 hours. Knead, and keep aside again for 2 more hours.

Roll dough into 6 inch rounds, about ¼ inch thick, and prick all over.

Cook on a griddle or tandoor, first over a high heat then low heat to cook through, till brown on both sides.

Smear with the milk solution, cook a little more and then serve hot brushed with ghee.



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Nutrition Information: Energy 257 Kcal, Fat 2 g,  
Protein 8 g, Carbohydrates 51 g.



# Kulcha

Preparation time: 2-3 hours

Cooking time: 15 minutes

Serving 6

## Ingredients

Plain flour	½ kg
Butter	5 tbsp
Sugar	1 tbsp
Yeast	1½ tsp
Sesame seeds	1 tsp

## Method

Dissolve yeast and sugar in warm water.

Once yeast rises, mix with plain flour and butter.

Use your hands to divide the mixture into equal portions.

Knead with milk or water, and leave aside for 2-3 hours, then fold over kneaded dough.

Roll each portion into a flat naan and use fork to create fork-marks on it.

Bake the naans in a tandoor oven.

Once naan turns golden-brown, bake for a few more minutes and serve hot.

---

Nutrition Information: Energy 478 Kcal, Fat 13 g,  
Protein 10 g, Carbohydrates 80 g.

# Aloo Paratha

Preparation time: 30 minutes

Cooking time: 20 minutes

Serving 8

## Ingredients

Potatoes	8
Coriander (chopped)	1 piece
Melted butter	4 tbsp
Salt	to taste
Chaat masala	1 tbsp
Green chilli (chopped)	4 pieces
Black pepper (powdered)	1½ tsp
Onion (large, chopped)	1
Red chilli powder	1 tbsp
Readymade garam masala powder	1½ tbsp
Oil	50 ml

## Ingredients for dough

Wheat flour	2 cups
Water	1½ cup

## Method

Boil potatoes and mash them in a large bowl.

Add chopped onions, green chilies, coriander leaves, salt, garam masala powder, and chaat masala to the potatoes. Mix well so that no lumps remain.

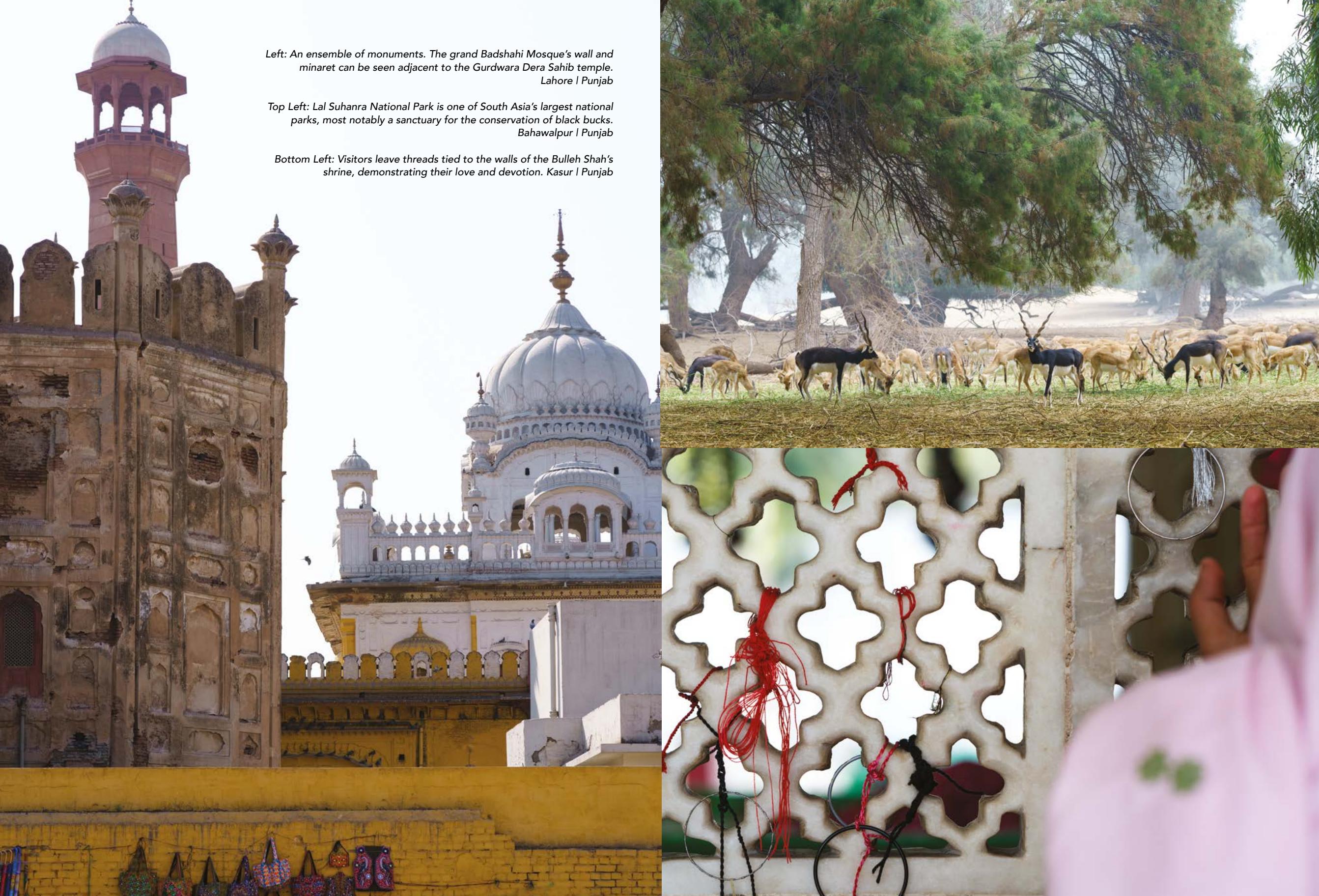
Ensure that onions have been chopped finely to avoid filling from spilling out.

Put wheat flour in a large mixing bowl. Add water gradually and knead into a soft dough. Make small-medium balls of the dough and roll them out into 3 to 4-inch circles. Add a spoonful of potato filling in the center. Gradually press the rolling pin on all sides while making the parathas. Seal the dough and round it with your fingers. Use a rolling pin to flatten into round parathas. Apply the pressure evenly and gently on all sides. Heat a girdle and roast the parathas, cooking them on both sides with a spoonful of butter. To use less butter on the parathas, first roast them on both sides on a low flame. When they are slightly crispy, apply butter with a brush on both sides. Serve piping hot with chilled yogurt or pickle or green chutney.

---

Nutrition Information: Energy 286 Kcal, Fat 7 g, Protein 7 g, Carbohydrates 50 g.





Left: An ensemble of monuments. The grand Badshahi Mosque's wall and minaret can be seen adjacent to the Gurdwara Dera Sahib temple.  
Lahore | Punjab

Top Left: Lal Suhana National Park is one of South Asia's largest national parks, most notably a sanctuary for the conservation of black bucks.  
Bahawalpur | Punjab

Bottom Left: Visitors leave threads tied to the walls of the Bulleh Shah's shrine, demonstrating their love and devotion. Kasur | Punjab



# Makai ki Roti

Preparation time: 20 minutes

Cooking time: 15 minutes

Serving 4

## Ingredients

Maize flour/cornmeal

3 cups

Salt

2 tsp

Water

as required

Desi ghee/butter

as required

## Method

Mix maize flour, salt and lukewarm water in a bowl. Knead mixture until dough is formed into a ball. Divide dough into 4 equal sized balls.

Flatten the dough into a round rotis.

Heat griddle and fry the roties on both sides with desi ghee or butter.

Serve hot.

---

Nutrition Information: Energy 433 Kcal, Fat 15 g,  
Protein 8 g, Carbohydrates 70 g.

# Bakarkhani

Prep Time: 30 minutes  
Cooking Time: 20 minutes  
Serving: 8

## Ingredients

Refined flour	3 cups
Semolina (suji)	1 cup
Clarified butter	2 tbsp
Butter	5 tbsp
Milk	3 tbsp
Sugar	4 tbsp
Green cardamom powder	3 tsp
Ginger powder	2 tsp
Salt	2 tsp
Water	as required

## Method

Mix refined flour, semolina, ghee, milk, green cardamom powder, sugar, dry ginger powder, and salt in a large bowl. Gradually, add water and make a soft dough.

Cover the dough with a wet cloth. Leave aside for 20 minutes.

Equally divide dough into eight portions.

Form each portion into balls and roll out each ball into a 6" diameter.

Cook in a preheated oven for 12 minutes or until brown on all sides.

Remove from the oven and drizzle butter over them.

Sweet Bakarkhani is ready to be served.



---

Nutrition Information: Energy 268 Kcal, Fat 10 g,  
Protein 7 g, Carbohydrates 51 g.



# Roghni Naan

Preparation Time: 2-3 hours

Cooking Time: 15 Minutes

Serving 5

## Ingredients

Plain flour	½ kg
Butter	6 tbsp
Sugar	1 tbsp
Yeast	1½ tsp
Salt	to taste
Water	as needed

## Method

Dissolve yeast and 1 tbsp of sugar in warm water. Once the yeast begins to rise, mix it with plain flour, salt and butter.

Knead the mixture with milk or equal portions of water. Leave aside for 2-3 hours.

Fold over the kneaded dough using your hands. Divide each portion into a flat naan, and use a fork to make marks on it. Bake the naans in a pre-heated oven at 200°C for 8-10 minutes. When the naan turns to a golden-brown colour, brush butter on it and bake for a few more minutes.

Serve hot.

---

Nutrition Information: Energy 498 Kcal, Fat 15 g,  
Protein 10 g, Carbohydrates 79 g.



A cluster of local eateries and shops on Ferozepur Road, serving snacks and delicacies. Such sights are common in both towns and cities of Pakistan. Lahore | Punjab.



Makli Necropolis, a UNESCO World Heritage Site. Thatta | Sindh



## *Divine Desserts*

Commonly exclaimed by a person just informed of an important occasion, as an affectionate way to demand a treat from the one or ones celebrating, "Mun meetha karo" literally mean: to sweeten one's mouth. A Pakistani without a voracious sweet tooth is hard to come by because desserts are constitutional to this land's culture. In fact, the larger Subcontinent traces some of its finest desserts to the heavy decadence of Mughlai cuisine, and Pakistan is certainly no exception.



Some claim the Gulab Jamun was first created quite by accident, when trying to prepare a sweet meat fritter of Turkic inspiration. Kulfi Falooda, Pakistan's answer to the Western smoothie, is an exotic beverage dessert derived from the Persian Faloodah. Striking in appearance and teeming with contradicting textures, it even lends itself to the popular idiom, "izzat ka falooda", meaning: to have one's reputation in pieces. Rabri has immense flavour for a dish so simple in preparation. This is because it relies on the density of heavily condensed milk cooked at quite a leisurely pace.

The popularity of halwas in the Middle East, Turkey, Iran, Pakistan, and India is unparalleled. Within these countries different regions boast variations particular to local ingredients and inclinations. Multani Halwa is such a confectionary, with almonds and pistachios acting as its chief ingredients. Having spread in acclaim to most every corner of the country, Kheer is yet another sweet dish that redesigns itself to suit the temperament and terrain it feeds. Zafrani Kheer is often referred to as nawabi (of princes) for its exceedingly refined consistency of rice, milk, and sugar. And Gajrela is such a delightful medley from Punjab, carrots and mixed nuts being its salient features, that many will argue its both a halwa and a kheer.

Named for its zesty yellow hue, Zarda was favoured above all other sweet treats by Shah Jahan, the fifth Mughal emperor of India, himself. A brilliant cornucopia of dried fruit, saffron, milk, and sugar, its hero is the modest yet mightiest of grains, rice.

*A mass of mountain peaks reflected in the clear and tranquil surface of Lulusar Lake. | Khyber Pakhtunkhwa*

# Kheer

Preparation time: 10 minutes  
Cooking time: 30 minutes  
Serving 8

## Ingredients

Milk (full cream)	5 cups
Rice (washed)	1/4 cup
Sugar	1/2 cup
Raisins	10-12 pieces
Green cardamoms	4 pieces
Almonds (shredded, blanched)	10-12 pieces

## Method

Boil the rice and milk in a deep pan.  
Simmer over a low flame, stirring the mixture occasionally until the rice has been cooked and the milk thickens.  
Add sugar, raisins and cardamom.  
Stir until the sugar dissolves properly.  
Transfer the mixture into a serving dish, and garnish with almonds.  
Serve either hot or chilled.

---

Nutrition Information: Energy 202 Kcal, Fat 7 g,  
Protein 5 g, Carbohydrates 31 g.



# Kulfi Falooda

Preparation time: 60 minutes

Cooking time: 20 minutes

Serving 5

## Ingredients

Falooda vermicelli	1/2 cup
Milk	2 cups
Kulfi (ready-made)	as required
Almonds	1 tbsp
Cashew nuts	1 tbsp
Pistachios	1 tbsp
Castor sugar	3/4 cup
Basil seeds (subza) (soaked)	as required
Candied cherries	8 tsp
Rose syrup	8 tsp
Raisins	for garnishing

## Method

To make the rabri, heat milk in a non-stick pan till it thickens.

Add almonds, cashew nuts, pistachios and castor sugar.

Mix well and cook till the mixture reduces to half.

Remove from heat and refrigerate to chill.

Drain and place a portion of the falooda in individual glass mugs.

Add 2 tablespoons of basil seeds, and top with some kulfi cubes and cherries.

Pour some prepared rabri, and drizzle 2 tsp rose syrup.

Garnish with almonds, pistachios, cashew nuts, raisins, kulfi pieces and a cherry.

Serve immediately.



---

Nutrition Information: Energy 265 Kcal, Fat 9 g,  
Protein 6 g, Carbohydrates 40 g.



Right: A fresco inside the vast Katas Raj Temples,  
adorned with traditional motifs. | Punjab

Left: Golden, sandy terrains of the Cholistan Desert.  
Bahawalpur | Punjab



# Gulab jaman

Prep Time: 10 minutes  
Cooking Time: 40 minutes  
Serving 10

## Ingredients

Khoya (firmly packed)	100 grams
Refined flour	1 tbsp
Baking soda	1/4 tsp
Sugar	2 cups
Water	2 cups
Milk (mixed with a little water)	2 tbsp
Green cardamom (slightly crushed)	4

### For frying

Ghee  
Cube of bread

## Method

With the heel of your palm or the base of a flat metal bowl, mash the khoya so that no grains remain.

Mix in the flour and baking soda and knead into a firm dough. You can use a food processor too.

The dough should be firm but pliable and should not feel dry. If it does feel dry, wet your hands and work the dough again.

Shape the dough into marble-sized balls (jamuns) that are smooth and creaseless. The shape can be round or oblong.

Heat ghee in the karahi till a piece of dough tossed in comes up at once.

Lower heat and fry a cube of bread till light brown (this lowers the temperature of the ghee).

Lift out bread and add as many jamuns as will fit in, without one touching the other.

Keeping the heat low, fry these till they are golden-brown all over.

Drain the jamuns out of the ghee, and fry the next lot, increasing the heat for a few seconds and then lowering it again before adding the jamuns.

Keep the gulab jamuns aside till the syrup is ready.

To prepare the syrup, mix sugar and water. Place over low heat, stirring till the sugar dissolves. Make sure it does not boil.

Increase the heat once the sugar dissolves, and then bring mixture to a boil.

Add the milk and water mixture, and continue boiling over a high flame, without stirring.

Skim off any coating that collects on the sides of the pan.

Cook till syrup thickens a bit.

A finger dipped in slightly cold syrup should form a coating on it for a few seconds.

Take syrup off stove and cool for a minimum of 30 minutes.

---

Nutrition Information: Energy 219 Kcal, Fat 3 g,  
Protein 2 g, Carbohydrates 47 g.



# Gajar Ka Halwa

Preparation time: 15 Minutes

Cooking time: 1 hour 45 Minutes

Serving 3

## Ingredients

Carrot (shredded)

1 kg (4.5) cups

Organic milk

4 Cups

Ghee

10-12 tbsp

Sugar

10-12 tbsp

Cashew Nuts

20-25 pcs

Cardamom + 1/3 tsp powder

5-6

Saffron

1 Pinch

Handful Raisin

## Method

Peel and grate the carrots (8-9 medium sized tender juice carrots). On a low fire, bring the whole mixture to boil and then simmer. The grated carrots will cook in the milk and the milk will reduce. Once milk is 75% reduced, add ghee, sugar, cardamom powder. Continue stirring well. Towards the end, add cashews, saffron, raisin and simmer carrot halwa till all milk is evaporated. Switch off the burner. Serve Gajar Halwa warm or you can serve it cold.

---

Nutrition Information: Energy 184 Kcal, Fat 7 g, Protein 6 g, Carbohydrates 25 g.

*Local women clad in the traditional and vibrant colours  
of the Kalash community. Kalash I Chitral*



# Multani Halwa

Preparation time: 30 minutes

Cooking time: 30 minutes

Serving 4

## Ingredients

Milk	1 litre
Lemon salt	½ tsp
White flour	½ tsp
Sprouted wheat flour	6 tbsp
Sugar	1 cup
Pure ghee	4 tbsp
Green cardamom	4-5
Almonds	as required
Walnuts	as required

## Method

In a deep pan, boil milk and add white flour, sprouted wheat flour and then lemon salt.

Stir lightly and let mixture boil for 5 minutes.

The paneer will separate. Cook on low heat constantly.

When paneer mixture has reduced to half, gradually add sugar and keep stirring slowly, otherwise lumps may form.

Once mixture is smooth and thick, add ghee and cook.

After 20-25 minutes, it will not stick to the pan and will leave the sides of the dish as well as the ghee.

Mix almonds and walnuts in mixture, and spread it in a dish evenly.

Cut mixture into desired shapes (diamond or square pieces). Garnish with pistachios and almonds, and serve.



---

Nutrition Information: Energy 375 Kcal, Fat 15 g,  
Protein 6 g, Carbohydrates 54 g.



## Zarda

Prep Time: 10 minutes  
Cooking Time: 40 minutes  
Serving 6

### Ingredients

Yellow colouring	A pinch
Salt	A pinch
Cloves	2 pieces
Cinnamon	1 stick
Cardamom	3 (small)
Oil	½ cup
Water	½ cup
Sugar	½ kg
Rice	½ kg
Khoa and nuts	for garnishing

### Method

Boil water with yellow colouring and salt.  
Add cloves, cinnamon stick and cardamoms.  
Add washed rice in mixture, cook rice 90% and drain them.  
Heat oil and add ½ cup water to it.  
Add sugar and mix well till sugar dissolves.  
Add boiled rice and cook on a high flame.  
When water dries up, place the lid on top and lower the flame.  
Put on simmer for 15 minutes.  
Garnish with nuts and khoa.

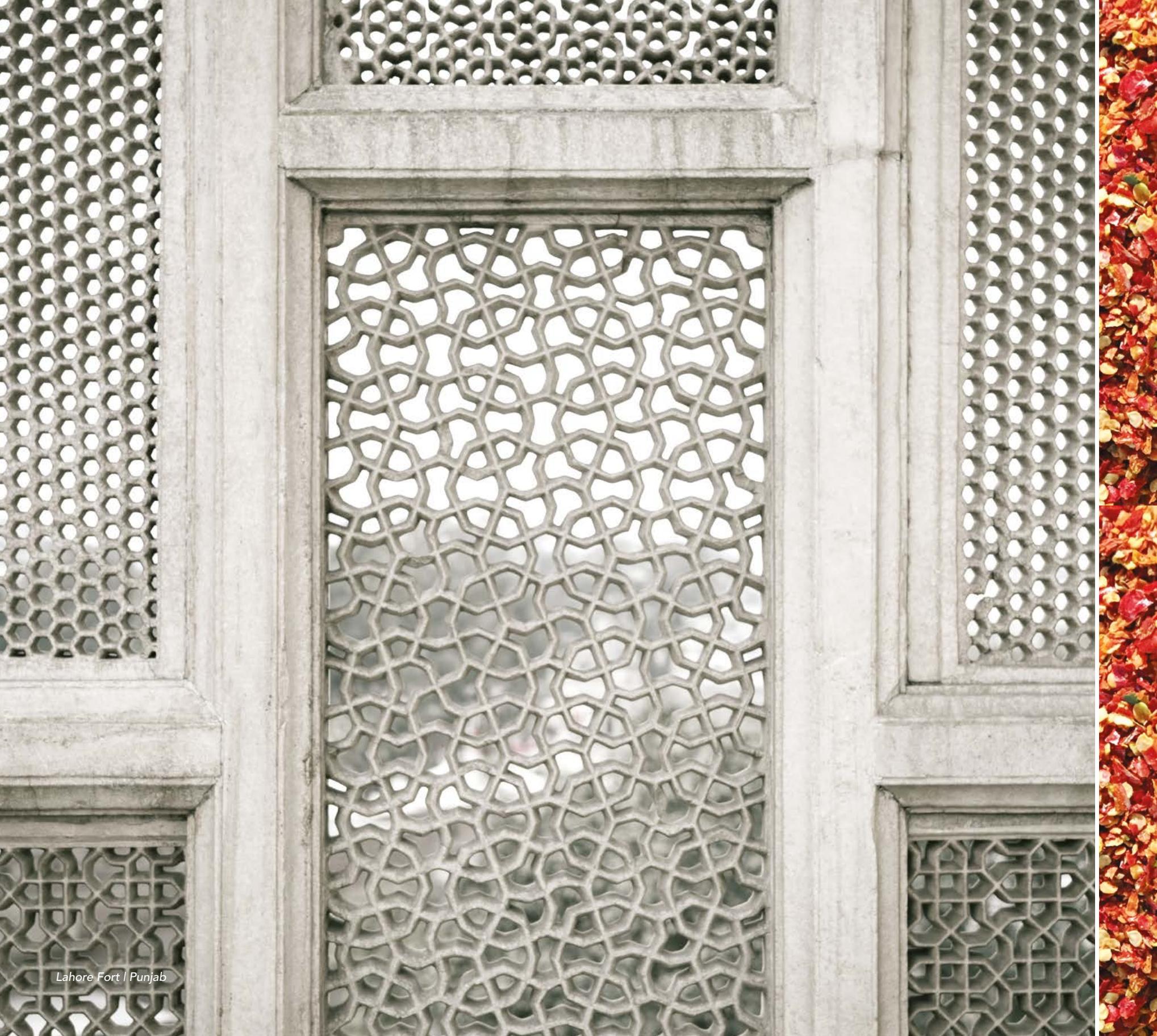
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Nutrition Information: Energy 818 Kcal, Fat 21 g,  
Protein 6 g, Carbohydrates 150 g.

*Right: Built in 1849, the Abbasi Mosque is a glorious spectacle when lit up by night. Cholistan | Punjab*

*Left: A roadside vendor prepares sweet and savoury treats that passersby stop to enjoy. Karachi | Sindh*





Lahore Fort / Punjab

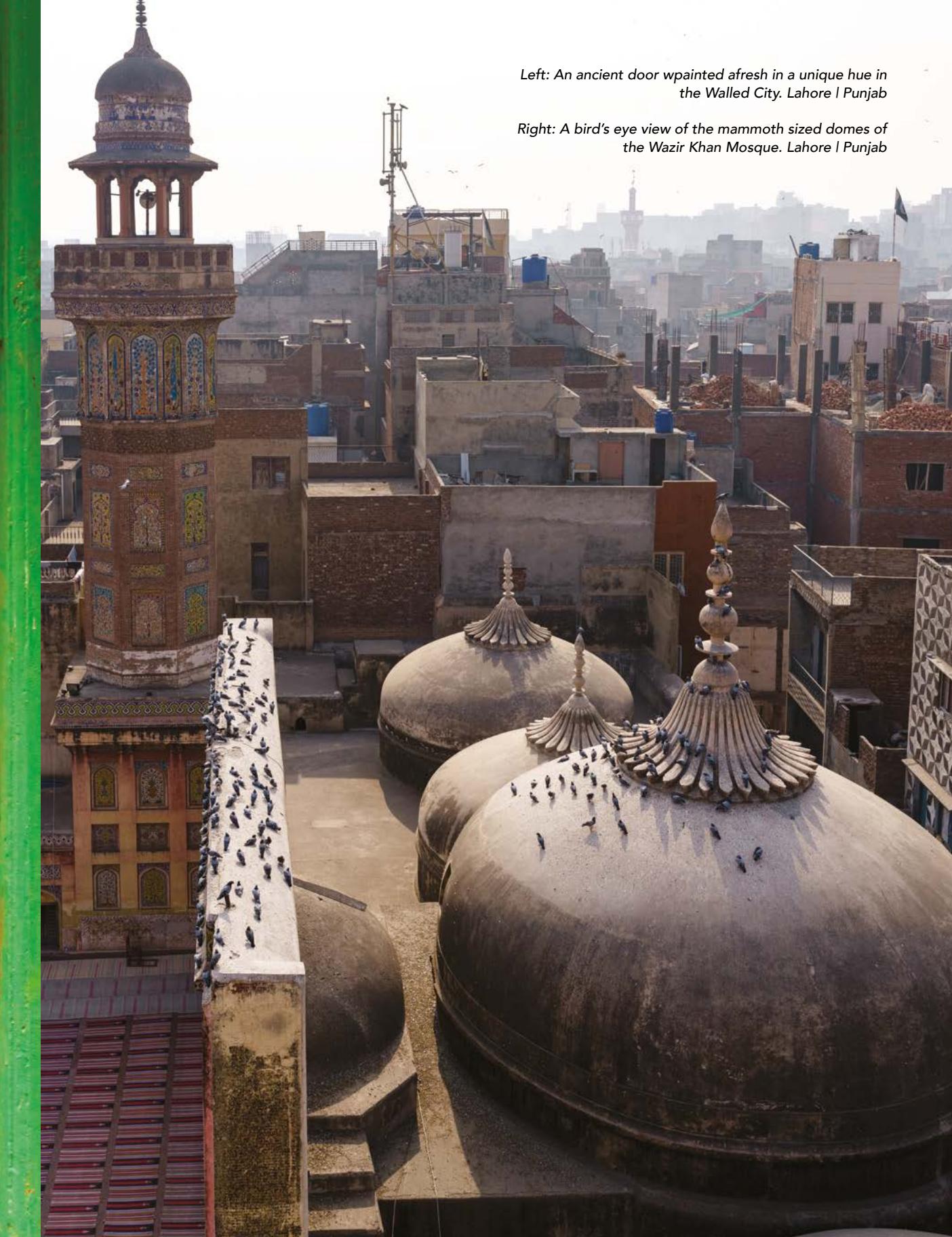
## *Perfectly Poured*

In a landscape that experiences climates ranging from the bitter cold of the perennially snow-clad Karakorum Range to the scorching heat and fierce dust storms of the Thar Desert, Pakistanis enjoy an ample assortment of refreshments to tide them through all intervening moods and seasons. What lends each drink its distinct speciality is the unique proportion and arrangement of sweet versus savoury spices and herbs.



Drinks to slake the thirst range from the light traditional lemon or limeade, Shikanjbeen to the utterly indulgent, soft drink inspired Doodh Soda. Perhaps the healthiest of beverages, however, is the zesty tamarind-based Imli Ka Pani. Known to combat a host of ailments and even prevent cancer, this absolute beverage is served widely during the month of Ramzan (Islamic month of fasting), to boost spirits and rejuvenate energies immediately. But the darling of all thirst quenchers is the yogurt-based Meethi Lassi, borrowed broadly from Punjab. An even sweeter version of this, called Pao Pera, is made of sautéed khoya (evaporated condensed milk) and sugar or gur (jaggery). When served in a tall glass, the drink literally weighs a pao (quarter kilogram), and hence its name.

Pakistan is the third largest importer of tea; a powerful testament to its intrinsic value to her people. The archetype tea, if just for its purity of form, is the Peshawari Kahwa. All that is infused with its green tea leaves is cardamom. Kashmiri Chai is a more milky variation, and served to mark most any festivity, especially weddings. Its flavour is enhanced with almonds and pistachios. The favourite of the masses, however, is the simple but sure Doodh Pati Chai. Complimentary to all types of weather, street vendors serving this liberally sweet and aromatic tea pepper the country from corner to coast.



Left: An ancient door wPainted afresh in a unique hue in the Walled City. Lahore | Punjab

Right: A bird's eye view of the mammoth sized domes of the Wazir Khan Mosque. Lahore | Punjab

# Doodh Pati

Preparation Time: 5 minutes  
Cooking Time: 15 minutes  
Serving 4

## Ingredients

Milk	2 cups
Water	½ cup
Green cardamom	2-3
Tea (black)	2 tsp
Sugar	2 tbsp

## Method

Cook milk and water in a pan until it comes to a boil.  
Add sugar and tea, simmer mixture along with cardamom.  
Let mixture simmer for 2-3 minutes.  
Beat mixture well and serve hot.



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Nutrition Information: Energy 110 Kcal, Fat 5 g,  
Protein 3 g, Carbohydrates 14 g.

# Meethi Lassi

Prep Time: 2 minutes  
Cooking Time: 10 minutes  
Serving 6

## Ingredients

Yogurt	800 grams
Ice cubes	100 grams
Salt/sugar	to taste
Water	200 ml
Milk	400 ml

## Method

Crush the ice cubes in a blender.  
Add yogurt, water, milk, and salt/sugar.  
Blend for about 1 minute.  
Serve chilled.

If you are making a namkeen lassi, you can add masalas such as bhuna jeera and mint as desired.  
If making it sweet, then skip jeera & mint, and add sugar as required.



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Nutrition Information: Energy 105 Kcal, Fat 5 g,  
Protein 5 g, Carbohydrates 11 g.

A street vendor ladles lassi, a refreshing yogurt-based drink and local favourite. Old Lahore | Punjab



# Peshawari Qahwa

Preparation time: 5 minutes

Cooking time: 15 minutes

Serving: 3

## Ingredients

Green tea leaves	2 tsp
Cardamom	3
Water	4 cups
Gur	as per taste

## Method

Boil 2 cups of water in a pan. While the water is on heat, tamp cardamom and add to water. Let the mixture come to a boil. When the water starts bubbling, add 1 tsp of green tea and after 3-5 seconds turn off the stove. Serve Peshawari kahwa in cups alongside gur.



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Nutrition Information: Energy 52 Kcal, Fat 0g,  
Protein 0 g, Carbohydrates 14 g.



Left: A local tea vendor serves piping hot, freshly made tea.  
Lahore | Punjab



Right: A lit up paan stand that serves the  
exotic betel leaf after-meal delicacy. Lahore | Punjab

# Shikanjbeen

Preparation time: 10 minutes

Cooking time: 20 minutes

Serving 5

## Ingredients

Sugar

1 tbsp

Honey

to taste

Water

5 cups

Lemon juice

10 tbsp

Black salt

1½ tsp (4 pinches)

## Method

Mix honey and water in a pot and stir.

Bring mixture to a boil and stir constantly until honey dissolves. Reduce flame to low, and simmer until syrup flavours combine, for about 20 minutes.

Remove from heat and submerge mint in hot syrup.

Cool to room temperature. Remove and discard mint.

Chill in refrigerator.



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Nutrition Information: Energy 12 Kcal, Fat 0 g,  
Protein 0 g, Carbohydrates 3 g.

# Kashmiri Chai

Preparation Time: 5 minutes

Cooking Time: 50 minutes

Serving 4

## Ingredients

Milk	1 litre
Almonds (crushed)	20 grams
Pistachios (crushed)	20 grams
Kashmiri tea leaves	3 tbsp
Star anise	3
Cinnamon	5 Grams
Cardamom	7
Baking soda	½ tsp
Water (cold)	300 ml
Sugar	as needed

## Method

Add water, Kashmiri tea leaves, star anise, baking soda, cinnamon, cardamom and salt in a pot.

Let the mixture simmer and boil it until the water has reduced to half.

Now add 2 glasses of cold water while making the Qahwa.  
Stir the mixture and let it simmer for 5-7 minutes. The Qahwa is now ready.

In another pot, add milk, almonds, pistachios and sugar.  
Boil mixture for 5-7 minutes.

Now add Qahwa and boil the mixture for 12-15 minutes  
on a low flame.

Your tasty pink tea is now ready to be served.



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Nutrition Information: Energy 217 Kcal, Fat 14 g,  
Protein 9 g, Carbohydrates 15 g.



*Fiery heaps of foliage collect at the feet of chinar trees, some over fifty feet tall, as autumn sets in. Chitral | Khyber Pakhtunkhwa*

# Glossary

**Ajwain** Bishop's weed, or carom

**Anaar dana** Dried seeds of varieties of pomegranate (*Punica granatum*)

**Baingan** Eggplants

**Bathua Saag** Vegetarian dish made from lamb's quarters

**Bhuna Jeera** Roasted cumin powder

**Chaat Masala** Packaged masala pack readily available at grocery stores in Pakistan

**Daal Chana** Split chickpeas

**Daal Mash** Golden Gram or Green Gram

**Daal Masoor** Red Lentils

**Daal Moong** Yellow Lentil

**Desi ghee** Clarified Butter originated from Indian subcontinent

**Garlic Paste** A paste of garlic readily available at grocery stores

**Garlic-ginger paste** A paste of ginger and garlic readily available at grocery stores

**Readymade garam masala** A blend of ground spices readily available at grocery stores

**Ghee** Clarified Butter originated from Indian subcontinent

**Ginger Paste** A paste of ginger readily available at grocery stores

**Green chutney** Green chutney is a blend made of green chilies, cumin, coriander and mint leaves

**Haleem Masala** Packaged masala pack readily available at grocery stores in Pakistan

**Karahi** Thick, circular, and deep cooking-pot

**Khoya** Milk food made of either dried whole milk or milk thickened by heating

**Kulfi** Frozen dairy dessert denser and creamier to icecream

**Makkai ka ata** Maize Flour

**Moong dhal** Yellow Lentil Curry

**Naan** Round flatbread made in traditional ovens

**Namkeen** Salty

**Palak Saag** Vegetarian dish made from spinach and spices

**Paneer** A fresh cheese common in the Indian subcontinent

**Paratha** A flat, thick piece of unleavened bread fried on a griddle

**Qahwa** Traditional green tea

**Rabri** A sweet, condensed-milk-based dish

**Sarsun saag** Vegetarian dish made from mustard greens (sarson) and spices

**Sindhi Biryani Masala Pack** Packaged masala pack readily available at grocery stores in Pakistan

**Tadka** Commonly used as the finishing touch in dal by adding more spices

**Tandoor** Traditional ovens originated in Indian Subcontinent

**Tandoori roti** Round flatbread made in traditional ovens

**White Zeera** White cumin seeds

**Whole Dhania** Coriander

## Acknowledgement

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