



Afghan Food & Cookery: Noshe Djan

By Helen Saberi

Hippocrene Books Inc., U.S. Paperback. Book Condition: new. BRAND NEW, Afghan Food & Cookery: Noshe Djan, Helen Saberi, Situated at the crossroads of four major regions-the Middle East, Central Asia, the Indian subcontinent and the Far East- Afghanistan has survived centuries of invasions, whether military, cultural or culinary. Its hearty cuisine includes a tempting variety of offerings: lamb, pasta, chickpeas, rice pilafs, flat breads, kebabs, spinach, okra, lentils, yoghurt, pastries and delicious teas, all flavoured with delicate spices, are staple ingredients. This cookbook includes over 100 recipes, all adapted for the North American kitchen, for favourites like "Mantu" (Pasta filled with Meat and Onion), "Shinwari Kebab" (Lamb Chops Kebab), and "Qabili Pilau" (Yellow Rice with Carrots and Raisins). The author's informative introduction describes traditional Afghan holidays, festivals and celebrations. Also included is a section entitled "The Afghan Kitchen," which provides essentials about cooking utensils, spices, ingredients and methods. Complete with b/w maps and illustrations.



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Reviews

This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Ally Reichel**

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You won't feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

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