

**AAUW Afghanistan gourmet cooking ..... October 29 Saturday**

**Please email [mSingler@comcast.net](mailto:mSingler@comcast.net) with your choice of food to prepare.**

**If anyone can host, please let us know as soon as possible.**

- 1) Appetizer - Sabse Borani (Spinach & Yogurt Dip)
- 2) lentil stuffed peppers -- **Krane**
- 3) Norinj Palau with meat (Rice with orange) - **Fari**
- 4) Kaddo Bourani (kabocha squash with Yogurt and Meat Sauces) -- **Singler**
- 5) TENDER AFGHAN CAULIFLOWER - GULPE -- **Mary**
- 6) Afghanistan - Eggplant with Yogurt Sauce - Bonjan Borani (bon-jon bohr-ah-nee): **Nexsen**
- 7) FIRMI- Rice pudding with rosewater



**1. Appetizer - Sabse Borani (Spinach & Yogurt Dip)**

- **Yield : 2-3 cups, Prep Time : 60m, Cook Time : 10m, Ready In : 1:10 h**

**This delicious Afghan dip combines creamy yogurt with spinach and garlic.**

**Use it with Noni Afghani, our flatbread recipe.**

**Ingredients**

- **1 cup yogurt (drained)**
- **4 cup fresh spinach leaves (chopped)**
- **1 medium onion (thinly sliced)**

- **2 cloves garlic (crushed or minced)**
- **2 tbsp oil**

### **Method**

***Step 1 Yogurt: First, drain the yogurt for 60 minutes by placing in a cheese cloth and tying to a long wooded spoon set over a bowl to catch the draining water. (Some people place in a coffee filter or paper towel.)***

***Step 2 Spinach: Rinse and chop the spinach. Place it still damp in a sauce pan, cover, and cook till just wilted. Drain and squeeze out excess water. In a large skillet, cook onion in oil until soft, add garlic for one minute, then add spinach. Cook for 2 more minutes.***

***Step 3 Assemble: When cool, combine the spinach with yogurt. Add salt and hot pepper flakes to taste. Turn into a bowl and serve with hot pita (a round flatbread) or toasted pita chips. You can also serve chilled.***

## **2. Lentil Stuffed Peppers**

Yield: 4 servings

### **Ingredients**

- 2/3 c Red lentils
- 1 inch piece ginger, =grated
- 4 tablespoon Vegetable oil
- 1 tablespoon Ground coriander
- 4 medium Green bell peppers
- 1 1/4 c Water
- 1 teaspoon Cumin seeds
- Salt & pepper

- 2 Onions, chopped
- 2 tablespoon Chopped cilantro
- 2 Green chilies

### **Directions**

Rinse lentils & soak for 30 minutes. Heat half oil in skillet. Add peppers & cook for 3 to 5 minutes till golden brown. Drain & cool. Add remaining oil to pan. Cook cumin till they begin to pop. Add onions & chilies & cook for 8 minutes. Stir in ginger & coriander. Drain lentils add to the pan with water. Stir well & cover. Cook for 15 to 20 minutes until the liquid has evaporated. Stir in salt & pepper. Add cilantro. Cut tops off peppers & remove seeds. Stuff with the lentils & replace the tops. Stand in a baking dish. Bake at 350F for 15 minutes.



### **3. Kaddo Bourani (kabocha squash with Yogurt and Meat Sauces)**

The sweet hot kabocha squash mixed with the tang of the cold yogurt sauce and then melded with the hot savory ground beef sauce.(a vegetarian option by leaving out the meat sauce)

### **Ingredients**

#### **kabocha squash:**

- 2 Sugar kabocha squash, each about 3 pounds
- 6 tbsp corn oil
- 3 C sugar

#### **Yogurt sauce:**

- 2 C plain yogurt (we used lowfat, which was fine)
- 2 garlic cloves, minced
- 1 tsp dried mint
- 1/2 tsp salt

**Meat sauce:**

- 1/4 C corn oil
- 1 large onion, finely diced
- 1 1/2 lbs. ground beef
- 1 large tomato, seeded and finely chopped
- 2 large garlic cloves, minced
- 1 1/4 tsp ground coriander
- 1 1/2 tsp salt
- 1 tsp freshly ground pepper
- 1/2 tsp ground turmeric
- 2 tbsp tomato paste
- 1 1/3 C water

**Directions**

- 1 Preheat your oven to 300°.
- 2 Wash off the outside of the kabocha squash. Cut them in half. Scrape out the stringy stuff on the inside. Cut the halves into 3"-4" pieces or so. Peel them – you can actually use a regular peeler for this, though it helps to have a sharp paring knife to get the stem and hard-to-reach rind bits off. Peel it deeply enough that you get rid of all the green and rind.
- 3 Find a baking pan large enough to hold all the kabocha squash pieces in a single layer. Use multiple pans, if need be. Cover the kabocha squash pieces in the oil (yes, really, use all of it), and place them hollow side up in the pan(s). Pour the sugar evenly over the kabocha squash pieces (yes, really, just grit your teeth and use all of it; if you have a small child, you may find it easier to have them do this part for you, and you can look away until they're done).
- 4 Cover the pan(s) with aluminum foil. Bake for 2 1/2 hours, then baste the pieces with the pan juices, cover them up again, and bake for another 45 minutes.
- 5 The sugar will all melt away and end up partially absorbed. The kabocha squash pieces will turn dark orange and translucent. They will have a stunningly novel texture. It is a beautiful thing.



kabocha squash Pieces in the pans after being cooked

***Yogurt sauce:***

1 Mix all the ingredients together. Refrigerate, covered, until ready to serve.

***Meat sauce:***

1 Brown the onions in the oil in a heavy-bottomed saucepan.

2 Add the meat and cook over medium-high heat, stirring, until it is broken up into small pieces and the pinkness is almost entirely gone.

3 Add all other ingredients (except for the tomato paste and water) and cook, stirring, for another 5 minutes or so.

4 Stir in the tomato paste, then add the water and bring to a boil. (Really, it will probably boil as soon as it touches the pan.)

Lower the heat and let simmer, covered, for about 15 minutes.

**4. Norinj Palau (Rice with orange)**



- **Servings : 4,** **Prep Time : 10m,**  
**Cook Time : 2:0 h,** **Ready In : 2:10 h**

**Norinj Palau is one of traditional Afghan dishes and it has a lovely delicate flavor.**

**This pilaf is prepared with the peel of the bitter (or Seville) oranges. It is quite a sweet dish.**

### **Ingredients**

- **450 g long grain white rice, preferably basmati**
- **75 ml vegetable oil**
- **2 medium onions, chopped**
- **1 medium chicken or 700–900 g lamb on the bone cut in pieces**
- **570 ml water, plus 110 ml water**
- **peel of 1 large orange**
- **50 g sugar**
- **50 g blanched and flaked almonds**
- **50 g blanched and flaked pistachios**
- **½ tsp saffron or egg yellow food colour (optional)**
- **25 ml rosewater (optional)**
- **1 tsp ground green or white cardamom seeds (optional)**
- **salt and pepper**

### **Method**

**Step 1 Measure out the rice and rinse several times until the water remains clear.**

**Step 2 Add fresh water and leave the rice to soak for at least half an hour.**

**Step 3 Heat the oil and add the chopped onions.**

**Step 4 Stir and fry them over a medium to high heat until golden brown and soft.**

**Step 5 Add the meat and fry until brown, turning frequently.**

**Step 6 Add 570 ml of water, salt and pepper and cook gently until the meat is tender.**

**Step 7 While the meat is cooking, wash and cut up the zest of a large orange into matchstick-sized pieces, removing as much pith as possible.**

**Step 8 To remove any bitter taste, put the orange strips into a strainer and dip first in boiling water and then in cold.**

**Step 9 Repeat this several times. Set aside.**

**Step 10 Make a syrup by bringing to the boil 110 ml of water and the 50 g of sugar. Add the orange peel, the flaked almonds and pistachios to the boiling syrup.**

**Step 11 Boil for about 5 minutes, skimming off the thick froth when necessary. Strain and set aside the peel and nuts.**

**Step 12** Add the saffron and rosewater to the syrup and boil again gently for another 3 minutes.

**Step 13** To cook the rice, strain the chicken stock (setting the meat to one side), and add the syrup.

**Step 14** Make the syrup and stock up to 570 ml by adding extra water if necessary.

**Step 15** The oil will be on the surface of the stock and this should also be included in the cooking of the rice.

**Step 16** Bring the liquid to the boil in a large casserole. Drain the rice and then add it to the boiling liquid.

**Step 17** Add salt, the nuts and the peel, reserving about a third for garnishing.

**Step 18** Bring back to the boil, then cover with a tightly fitting lid, turn down the heat to medium and boil for about 10 minutes until the rice is tender and all the liquid is absorbed.

**Step 19** Add the meat, the remaining peel and nuts on top of the rice and cover with a tightly fitting lid. Put into a preheated oven – 150°C (300°F, mark 2) – for 20–30 minutes. Or cook over a very low heat for the same length of time.

**Step 20** When serving, place the meat in the centre of a large dish, mound the rice over the top and then garnish with the reserved orange peel and nuts.



**5.**

## TENDER AFGHAN CAULIFLOWER - GULPEA

*Qorma e Gulpea*

3 tbsp. olive oil  
2 medium onions, pureed in a food processor or finely chopped  
6 cloves garlic, pureed in a food processor or finely chopped  
1 tbsp. fresh ginger, minced (optional)  
1 tsp. ground curry  
1 tsp. ground coriander  
1 tsp. ground turmeric  
1 tsp. salt  
¼ cup tomato sauce  
1/2 cup vegetable or chicken broth  
1/2 tsp. ground black pepper  
1 head cauliflower, washed, stem removed, cut into large pieces

Heat the olive oil over medium-high heat in a large, heavy-bottom pot. Add the onions and brown for about 10 minutes until golden brown. Add the garlic and ginger, cook for an additional 2 minutes. Add all the remaining ingredients *except* the cauliflower. Stir well and simmer for about 8 minutes until the liquid reduces and you have a thick, oniony sauce.

Add the cauliflower and stir until the sauce covers all the pieces of the cauliflower. If you feel you don't have enough sauce to coat the cauliflower, add another 1/4 cup of broth.

Put the lid on the pot, cook on low for 20 to 30 minutes until the gulpea can be easily pierced by a fork, stirring every 5 minutes. Remove the lid and cook uncovered for another 5 minutes to allow the sauce to reduce. The cooking time will vary but you want the result to be fork-tender, but not mushy.

Serve with pit bread, or challaw, the Afghan white rice. A dollop of plain yogurt makes a heavenly addition.

## **6. Afghanistan - Eggplant with Yogurt Sauce - Bonjan Borani (bon-jon bohr-ah-nee):**

Yogurt is indispensable to the cooking of Afghanistan. Eggplant dishes



of all sorts are naturals with lamb.

1 medium onion, sliced

1/4 cup olive or vegetable oil - more if needed

1 medium eggplant (about 1 1/2 pounds), **cut into 1/2 inch slices**

1 cup plain yogurt

3 Tablespoons snipped fresh mint leaves or 1 1/2 teaspoons crushed dried mint leaves

2 cloves garlic, finely chopped

1/2 teaspoon salt

Dash of pepper

Paprika to sprinkle

Cook and stir onion in oil in 12-inch skillet until tender; **remove onion.**

Cook half the eggplant over medium high heat, turning once, until tender and golden brown, about 10 minutes. Repeat with remaining eggplant. (Add more oil if necessary.)

Arrange onion and eggplant slices on ovenproof platter or in ungreased oblong baking dish, 11 X 7 X 1 1/2 inches. Mix remaining ingredients except paprika; pour over eggplant. Sprinkle with paprika. Heat in 350° F. oven until hot and bubbly, 10 to 15 minutes. Makes 6 servings.

## 7. Firni (Rose-scented Milk Pudding)



Recipes for milk pudding - thickened with corn or rice starch, delicately flavored with rose water and sprinkled with pistachios and/or almonds - can be found in the culinary repertoire of any nation that was once a

part of the Moghul Empire.

### Ingredients

- 4 cups of milk
- 1 cup sugar
- 1/2 cup cornstarch
- 1/2 cup slivered almonds (optional)
- 1/2 to 1 teaspoon ground cardamom
- 1/4 teaspoon saffron threads (optional)
- 1/4 cup finely chopped pistachop nuts (optional)
- 2 teaspoons of rosewater

### Directions

- Put all but 1/2 cup of milk into a medium size sauce pan.
- Take the remaining 1/2 cup milk and mix with 1/2 cup of cornstarch.
- Add the milk and cornstarch mix into the pan with the rest of the milk.
- Over medium heat, stir the mixture constantly until mixture begins to thicken ( about 10-15 minutes).
- (Optional) Add almonds and keep stirring until mixture thickens and bubbles. Use a whisk if mixture becomes lumpy.
- Add cardamom and rosewater and stir. Cook on low heat for 10 minutes, allowing the firnee to simmer gently. Stir occasionally.
- Pour into platter, spreading evenly. Sprinkle pitachio nuts and cardamom on top and around the edge of the firnee.