

Bolani - Afghani Stuffed Bread with Gandana (Afghan chives/leek)

Ingredients:

Large spring roll wrappers
Oil for frying
2 bunches of gandana (or leek)
1 tsp chilli flakes
or 1 finely chopped fresh chilli
Cumin (optional)
1 tsp Salt
1/2 tsp black Pepper

Method:

1. Finely chop the gandana and mix with the salt, pepper and chilli.
2. Fill one half of the pastry wrapper in a triangle shape. Brush a little water on the edges, fold and press edges to seal.
3. Fry in some shallow oil until golden brown.
4. Crunchy, delicious and nutritious.

Enjoy!

Firni - quick and easy Afghan custard

Ingredients:

2.3 cups milk
1/2 cup sugar
4 tbsp corn flour
1/3 cup chopped pistachios
1/2 tsp ground cardamom
1 tsp orange water

Method:

1. Place 2 cups of milk in pan with sugar and heat on a medium heat.
2. In a separate bowl, mix the remaining milk with corn flour.
3. Add the cardamom and orange water and stir until thickened.
4. Pour into small glasses and chill.
5. Serve with a sprinkle with the pistachios, a little more ground cardamom, and rose petals.

Kabuli pulao - a popular Afghan rice/pilaf

Ingredients:

4 tbsp oil
1 white onion diced
1 kg ground beef and/or lamb
2 tsp salt
1 tsp ground cumin
1.25 cups julienned or thickly grated carrot
1.5 cup raisins or sultanas
3 cups rice
2 tbsp sugar
2 tsp rice masala or garam masala
1/2 cup Slivered and toasted almonds
3 cloves garlic chopped
App. 5 cups beef stock

Method:

1. Wash the rice until water runs clear, strain and let sit.
2. Toast your almonds on a dry pan until golden and set aside.
3. Fry up onion until golden add garlic and stir a little further. Add the meat and brown well. Add the rice and currants and toast. Then cover with stock and sugar and let simmer for 15 minutes. Sprinkle with carrots and let cook a further 2 minutes.
4. Switch off the flame and let sit covered for a further 5-10 minutes for rice to absorb and fluff up.
5. Sprinkle with the almond and serve.

Enjoy!

Quick Afghan Eggs with Fragrant Lentils & Pitta

Ingredients:

1 small red onion finely chopped
1 can of lentils rinsed and strained
1 small red capsicum halved and sliced
2 cloves garlic
1/2 tsp cumin seeds
1 small celery stick, finely chopped
400 gm finely chopped tomatoes
1 long red chili finely chopped
1/4 cup chopped fresh mint
1 cinnamon quill
2 eggs, lightly whisked
Pitta bread to serve
Olive oil

Method:

1. Heat oil in a medium sized pan over a low heat. Add the garlic, cinnamon, celery and chili and cook for a minute until fragrant.
2. Add the lentils, a sprinkle of salt and pepper, give it a stir and pop on a lid to let simmer on a low heat whilst you cook eggs.
3. In another medium sized pan over medium heat, toast your cumin seeds until fragrant.
4. Then pour in a little oil and fry your onions and capsicum.
5. Once tender, mix in your eggs and scramble for about one minute.

A delicious and nutritious lunch idea!