

Afghan Cuisine

with Nadia Ghulam

ORIENTAL FLAVORS MENU

Qabli Palau: Steamed rice with raisins, carrots, almonds, and pistachios. This is the most popular dish in Afghanistan.



Borani Bonjan: Eggplant with tomato, onion, and goat cheese sauce.



Kofta: Beef meatballs with tomato sauce, onion, and special lentils (Dol Nakhod).



Green or Black Tea with Cardamom and Lemon: A common drink in Afghanistan. It is very digestive and pairs well with this meal.

