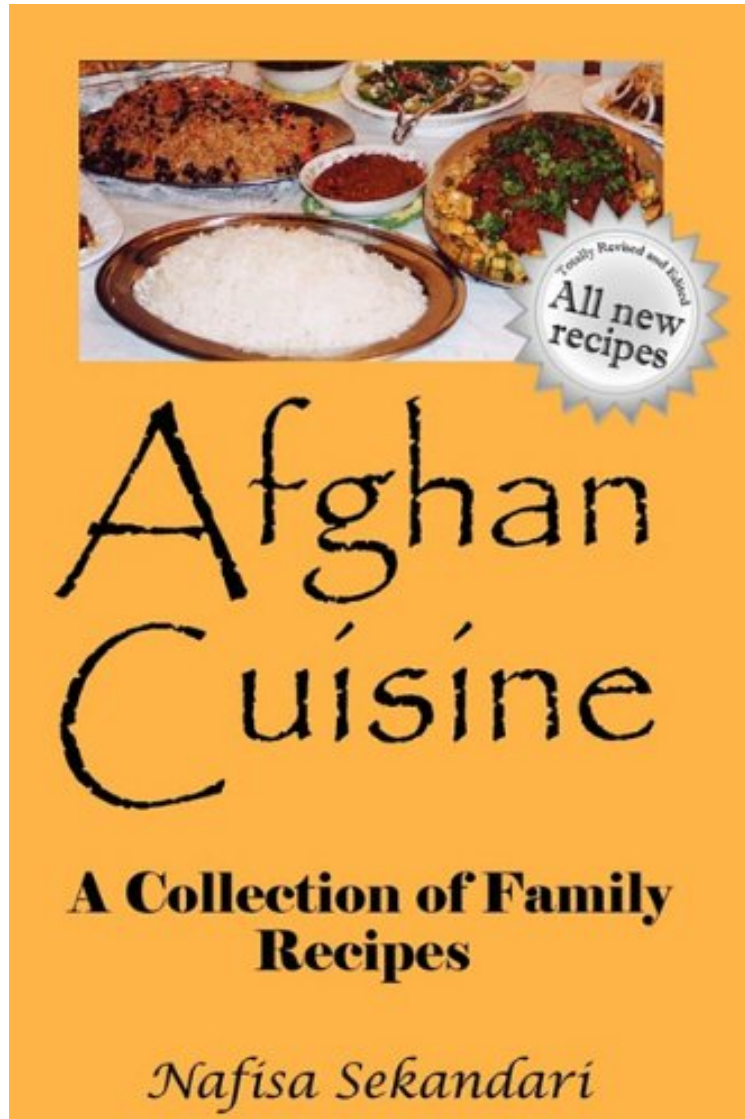


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Afghan Cuisine

Nafisa Sekandari

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Nafisa Sekandari : Afghan Cuisine before purchasing it in order to gage whether or not it would be worth my time, and all praised Afghan Cuisine:

0 of 0 people found the following review helpful. DO NOT BUY!By CI have never felt this strongly about a cookbook but it was such a disappointment! I've tried cooking various recipes from this book and nothing comes out as it should. When I've cross-checked ingredients and directions online, I've found this book to be WAY off the mark. Now, I'm currently writing in this book, correcting the mistaken directions while I wait for something better to be written. If

anyone has better Afghan cookbook suggestions, I'd love to know. 0 of 0 people found the following review helpful. Amazing book! Highly recommended By Mihaela M. This book is amazing! And so easy to follow! Love it! 4 of 4 people found the following review helpful. Yum By Customer After my deployment to Afghanistan, I really missed the food. I worked very closely with the Afghan army and often ate with the interps. These recipes are excellent.

Afghan Cuisine cookbook was the 2011 bronze medal recipient of the national Living Now book awards. This totally revised latest edition of Afghan Cuisine is a wonderful introduction to cooking Afghan food. The recipes are presented in a very easy-to-follow format where even the most inexperienced cook can make healthy and delicious Afghan food. With Afghan Cuisine anyone can make the authentic and delicious dishes they've tasted and experienced in Afghan restaurants. Afghan Cuisine is a collection of traditional Afghan family recipes that have been gathered and translated to English for the novice Afghan and non-Afghan cook. The intention of the book is to help Afghans and non-Afghan learn to cook delicious Afghan food in easy to follow steps. The book is written from the Western perspective and directions are provided to easily locate the needed ingredients and short cuts included for the person that is on the go. This book is the result of many years of collecting, research, observation, and practice in regards to cooking Afghan cuisine. It is very different than traditional Afghan cookbooks in that it includes traditional Afghan recipes that are easy to follow as well as favorite non-traditional Afghan recipes. A portion of the proceeds of this book will be donated to the women and children living in Afghanistan.

From the Publisher Nafisa Sekandari has written this book so that even the most novice cook can duplicate authentic Afghan dishes. Many Afghan cookbooks include recipes that are difficult to follow or duplicate here in the West. This book provides easy short cuts and alternative ingredients that can easily be found in the West. Recipes are written in an easy to follow format, making cooking Afghan food easy for the most novice chef. This is not a traditional Afghan recipe book. Although there are numerous recipes for authentic Afghan dishes listed in the book, Nafisa has also included non-traditional favorite dishes that have become part of her family cuisine. There are many traditional home style Afghan cookbooks out there, but the goal of Afghan Cuisine is to incorporate the cultural influences from the West while at the same time speak to the health conscious person who doesn't cook often, but is interested in learning how to cook Afghan food in a simple manner. Afghan food can be healthy, nutritious, and delicious. Afghan food is not hot and spicy or bland but very flavorful. About the Author Nafisa Sekandari is currently living in California with her family. After having immigrated to the United States more than 30 years ago, Nafisa understands the need to preserve the Afghan culture and traditions for the future generations. With the future generation in mind, special considerations were made to ensure the simplicity of the recipes for those who wish to recreate favorite family recipes in the West. As with the 1st edition of Afghan Cuisine, it continues to be the intention of the author to send a portion of the proceeds of this cookbook to help the women and children in Afghanistan with needs such as education, healthcare, and nutrition. For feedback regarding the book, please contact the author at afghan_cuisine@yahoo.com.