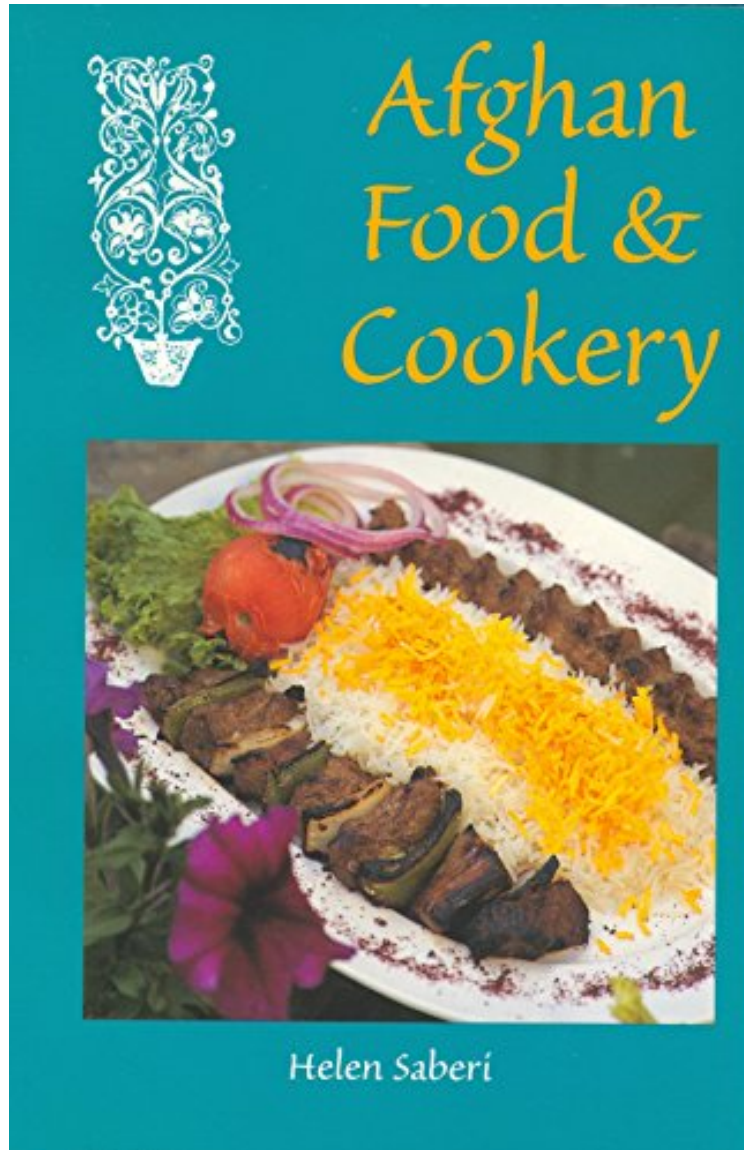


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Helen Saberi

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Helen Saberi : Afghan Food Cookery: Noshe Djan before purchasing it in order to gage whether or not it would be worth my time, and all praised Afghan Food Cookery: Noshe Djan:

3 of 3 people found the following review helpful. Tasty recipies and good background notes By N. Jacobs I was quite amazed to find how tasty Aghan food is, and even more shocked to see the great variety of food that they have. The recipies in this book are very straight forward and surprisingly easy to prepare. It seems to me that a great deal of effort was put into preparing the book because it has extensive cultural notes about the recipies and the country

itself. The only gripe I have about the book is that the cover tends to bend outwards really easily and stay bent, but that doesn't subtract from the enjoyment of book. 1 of 1 people found the following review helpful. YummyBy NazBazGreat recipes and easy to follow. I used almost all the recipes and they all came out successful! I recommend this book the new wives who don't have a lot of experience in the kitchen(like yours truly). 38 of 39 people found the following review helpful. Everything you wanted to know about Afghan foodBy O. BuzzThis book is one of the finest examples I've seen of comprehensive cuisine coverage. True, the Afghan cuisine isn't that extensive, the list of ingredients used is short and techniques are simple, but until now, it was impossible to find such an accurate and authentic source of information (even on the internet - try it yourself :-). As for accuracy, I've tried 4 recipes from the book so far and they were all at least as good as anything I've had in New York City Afghan restaurants. My only complaint is that there are no pictures at all - maybe this makes the book less expensive, but I kind of like a cookbook to have at least some aesthetic value.

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, yogurt, pastries and delicious teas, all flavored with delicate spices, are staple ingredients. This cookbook includes over 100 recipes, all adapted for the North American kitchen, for favorites 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.

About the AuthorHelen Saberi lived in Afghanistan for 10 years and married into an Afghan family. She has been working for Alan Davidson on his magnum opus, The Oxford Companion to Food, for the last seven years, and has written a number of entries in that book. She has also written papers on Afghan food, traditions and culture for the Oxford Symposium, which she has attended annually for the last ten years. She resides in London with her husband and two sons.