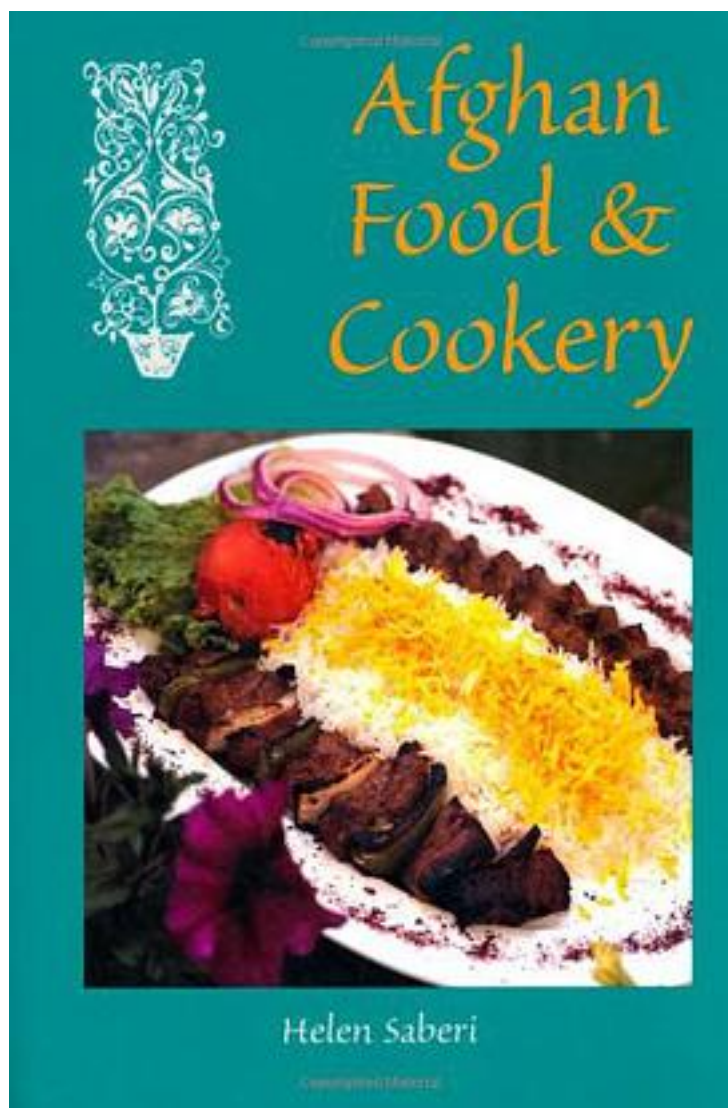


Afghan Food & Cookery



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著者:Saberi, Helen

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

作者介绍:

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