

KITCHENS
of the
WORLD™



TRAVEL THE WORLD FROM YOUR KITCHEN

*A Cookbook to Support
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Organizations*

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AFGHANISTAN



*Assalam u
alaikum*

LOCATION: Southern Asia, north and west of Pakistan, east of Iran

CAPITAL CITY: Kabul

POPULATION: 33,609,937 (July 2009 est.)

LANGUAGES: Afghan Persian or Dari (official) 50%, Pashto (official) 35%, Turkic languages (primarily Uzbek and Turkmen) 11%, 30 minor languages (primarily Balochi and Pashai) 4%

WEBSITE:

<http://afghanistan.saarctourism.org>



Top: [need caption]
Middle: [need caption]
Bottom: [need caption]

Photos: Abraham John Sheppard

Recipes from Afghanistan



Afghanistan has long been at the crossroads of the world. Its cuisine reflects the influences of many cultures, including India, Iran, and the Central Asian countries. It has its own unique dishes, and uses a wonderful medley of spices and colors that make the food fragrant and flavorful. Here are two well known and very popular dishes for you to enjoy.

This is a delicious eggplant dish that impresses even the most persnickety gourmand. A wonderful balance of eggplant, tomatoes, and yogurt-mint sauce will delight you and your guests.



Photo: Surebobb Davis

Preheat the oven to 350°F.

Wash and cut the eggplants into ½-inch rounds. Mark each side of the eggplant rounds with a fork and sprinkle lightly with salt to draw out extra moisture. Set aside on paper towels for 20 minutes; pat dry.

Heat ¼ cup of the vegetable oil in a large frying pan, add about half the garlic, and slowly add the eggplant rounds and brown on each side. You need to add extra oil, up to another ¼ cup, and the remaining garlic to the pan as needed because the eggplant absorbs this mixture very easily. Remove the cooked eggplant and drain on paper towels to remove any extra oil.

In a separate frying pan, heat 4 tablespoons of vegetable oil, add the onions, and brown. Slowly stir in the tomatoes and bell pepper. Cook until the mixture is bubbly but not too mushy. Stir in the turmeric and salt and pepper to taste. Set the mixture aside.

In a shallow baking dish, line a layer of cooked eggplant, then a layer of the tomatoes, onions, and bell pepper and continue layering until you run out of both items. Place the hot chiles on top of the mixture, cover with aluminum foil, and bake for 40 minutes.

To make the yogurt-mint sauce, place the yogurt in a bowl. Mix in the salt, mint, and garlic. Add more salt to taste if needed.

To serve, ladle some of the yogurt-mint sauce on a long or oval serving dish. Place the cooked eggplant and tomato mixture on top of the yogurt. Try to place only one layer of eggplant and tomatoes on the serving dish, but fill the dish to capacity, leaving a half inch of yogurt-mint sauce around the perimeter. Drizzle the top of the eggplant and tomato mixture with the remaining yogurt-mint sauce, then sprinkle lightly with paprika or cayenne for color.

YIELD: 6 servings

Borani Banjan

4 to 6 eggplants (round purple or thin Japanese eggplants can be used for this dish)

½ cup plus 4 tablespoons vegetable oil

6 to 8 cloves of garlic, finely chopped

2 cups diced onions

3 cups diced tomatoes

1 red bell pepper, seeded and cut into strips

1 teaspoon turmeric

Salt and pepper

3 to 4 fingerling hot chiles

Paprika or cayenne pepper

YOGURT-MINT SAUCE:

1½ cups plain yogurt

1 teaspoon salt

1½ teaspoons dried mint

2 to 3 cloves of garlic, finely chopped

ARMENIA



Parev

LOCATION: Southwestern Asia, east of Turkey

CAPITAL CITY: Yerevan

POPULATION: 2,967,004 (July 2009 est.)

LANGUAGES: Armenian 97.7%, Yezidi 1%, Russian 0.9%, other 0.4% (2001 census)

WEBSITE: www.armeniainfo.am



Photos: Walter Callens

Top: Mayr Tachar, the main cathedral of Echmiadzin

Bottom (left to right): The Cascade at Yerevan, the capital of Armenia; The Mother Armenia monument

Recipes from Armenia



Armenia produces a variety of crops, such as almonds and walnuts; rice, wheat, and corn; and peaches, apricots, plums, citrus fruits, grapes, and olives. Sheep, goats, and cattle provide an abundance of meat and dairy products, which form an important part of Armenian cuisine. Yogurt and *burghul* (cracked wheat) are used in many recipes, and appetizers called *mezze* are artistically prepared and very popular.

Tanabour (Yogurt Soup)

Tanabour is a traditional Armenian recipe that combines barley, yogurt, and mint for a delicious classic soup.

- 7 cups water
- 1 teaspoon salt
- 1 cup whole barley
- 1 egg
- 1½ cups plain yogurt
- 1 tablespoon butter
- 1 teaspoon dried mint leaves



Photo: EveningEdge.com

Bring the water to a boil in a heavy saucepan, add the salt and barley, cover and bring to a boil again. Reduce the heat and simmer for 1 hour, until done.

Beat the egg, whisk it into the yogurt, and then slowly stir the mixture into the barley. Bring to a boil again. Reduce the heat and simmer covered for a few minutes.

Melt the butter in a skillet, add the mint, and mix into the soup. Serve hot.

YIELD: 4 servings