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afghan cuisine cooking for pdf

Afghan cuisine is largely based upon the nation's chief crops, such as wheat, maize, barley and rice. Accompanying these staples are native fruits and vegetables as well as dairy products such as milk, yogurt Doogh and whey. Kabuli Palaw is the national dish of Afghanistan. The nation's culinary specialties reflect its ethnic and geographic diversity. ...

Afghan cuisine - Wikipedia

A cuisine is a style of cooking characterized by distinctive ingredients, techniques and dishes, and usually associated with a specific culture or geographic region. A cuisine is primarily influenced by the ingredients that are available locally or through trade. Religious food laws, such as Hindu, Islamic and Jewish dietary laws, can also exercise a strong influence on cuisine.

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