

The Pakistani Plate

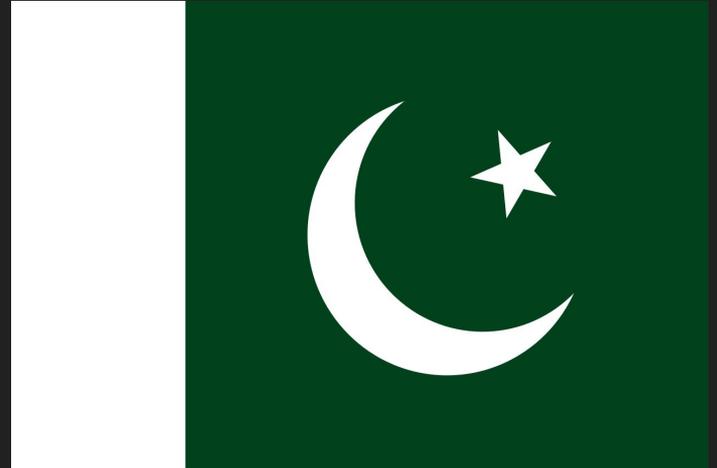
AN INTRODUCTION TO PAKISTAN'S CUISINE & CULTURE



A Global Eats Presentation by Anjali James & Rael Memnon

Country Profile: Pakistan

- Officially known as the Islamic State of Pakistan
- Capital: Islamabad
- Located in South Asia, next to India, Afghanistan, China, and Iran
- 5th most populous country with 216+ million people



Flag of Pakistan
<https://en.wikipedia.org/wiki/Pakistan>

Agriculture & Food Sources

- Pakistan's key food crops are wheat, rice, maize, oilseeds, and sugar.
- Rice is especially profitable and mostly exported as Basmati rice.
- Agriculture is not yet mechanically advanced in Pakistan, so things like land preparation, growing, and harvesting are all done by hand.



Basmati rice

<https://reliefweb.int/report/pakistan/pakistans-food-and-agriculture-systems#:~:text=Pakistan's%20key%20food%20crops%20are,rust%20is%20on%20the%20rise.>

Influences on Pakistan's Culture Cuisine

- Pakistani cuisine has **Indian roots** (found in the form of the usage of heavy spices), **Irani influences**, **Afghani**, **Persian**, and **Western influences**.
- Since the **Mugal Empire** ruled around 1526, Pakistan adopted part of their cuisine that included the herbs and spices, almonds, and the raisins in their dishes.
- An example of this is foods such as **shahi tukra**. A dessert that is made with sliced bread, milk, cream, sugar, and saffron.



Shahi tukra

<http://www.foodbycountry.com/Kazakhstan-to-South-Africa/Pakistan.html#:~:text=Pakistan%20was%20part%20of%20India,it%20its%20own%20distinct%20character.>

Breakfast in Pakistan

- A typical Pakistani breakfast is called *nāshṭā*
- Consists of eggs, a slice of loaf bread or roti, parathas, tea or lassi, *qeema (minced meat)*, fresh seasonal fruits, milk, honey, butter, jam, shami kebab or nuts.
- Sometimes breakfast includes baked goods like *bakarkhani* and rusks.



Bakarkhani, is a thick, spiced flatbread

<https://www.shutterstock.com/search/bakarkhani>

Breakfast in Pakistan

- During holidays and weekends, halwa poori and chickpeas are sometimes eaten.
- A traditional Sunday breakfast might be **Siri-Paya** (the head and feet of lamb or cow) or **Nihari** (a dish which is cooked overnight to get the meat extremely tender).
- The name "**Nihari**" comes from the Arabic word "**Nihar**", meaning "**Day**" or "**Day break**".)



Siri-Paya, traditional Pakistani stew made with the head and feet of an animal

Lunch in Pakistan

- A typical Pakistani lunch consists of **meat curry or shorba** along with **rice** or a pile of **roti or naan**
- **Daal chawal** is among the most commonly taken dishes at lunch.
- Chicken dishes like **chicken karahi** are also popular.

Shorba, soup-stew
made of potatoes,
beans, and meat.

<https://en.wikipedia.org/wiki/Chorba>



Naan is a
leavened,
oven-baked
flatbread

<https://en.wikipedia.org/wiki/Naan>

Lunch in Pakistan

- Popular lunch dishes may include **aloo gosht** (meat and potato curry) or any vegetable with **mutton**.
- People who live near the main rivers also eat fish for lunch, which is sometimes cooked in the **tandoori style**.



Aloo gosht, made of potatoes (aloo) cooked with meat (gosht), usually lamb or mutton, in a stew-like shorba gravy.

Dinner in Pakistan

- **Lentils** are also a dinnertime staple.
- These are served with roti or naan along with yogurt, pickle and salad.
- The dinner may sometimes be followed by **fresh fruit**, or on festive occasions, **traditional desserts** (found on the next slide!)



Kebabs consist of cut-up or ground meat and consist of mashed onion in addition of vegetables. Kebab is served with rice, bread, herbs and raw onions and are typically cooked on a skewer over a fire, The traditional meat for kebabs is most often mutton or lamb, but regional recipes may include beef, goat, chicken, fish, or more rarely due to religious prohibitions, pork.

<https://en.wikipedia.org/wiki/Kebab>

Dinner in Pakistan

- Dinner is considered the **main meal of the day** as the whole family gathers for the occasion.
- Food which requires more preparation and which is more **savoury** (such as **biryani**, **nihari**, **pulao**, **kofte**, **kebabs**, **qeema**, **korma**) are prepared.



>>> Biryani is made with spices, rice, and meat (chicken, beef, goat, lamb, prawn, or fish), and sometimes, in addition, eggs and/or vegetables such as potatoes in certain regional varieties.

<https://en.wikipedia.org/wiki/Biryani>

Pakistani Desserts

- Popular desserts include Peshawari ice cream, sheer khurma, kulfi, falooda, kheer, feerni, zarda, shahi tukray and rabri.
- Sweetmeats are consumed on various festive occasions in Pakistan.
- Some of the most popular are gulab jamun, barfi, ras malai, kalakand, jalebi and panjiri.

Falooda is made by mixing rose syrup, vermicelli, and sweet basil seeds with milk, often served with ice cream.

<https://en.wikipedia.org/wiki/Falooda>



Pakistani Desserts

- Pakistani desserts also include a long list of **halvah**, such as multani, hubshee, and sohan halvah.
- **Kheer** made of roasted **seviyan** (vermicelli) instead of rice is popular during **Eid ul-Fitr**.
- **Gajraila** is a sweet made from grated carrots, boiled in milk, sugar, cream and green cardamom, topped with nuts and dried fruit



Halva is a fudge-like confection made with tahini (sesame seed paste), sugar, spices and nuts. In fact, the Arabic word halva translates to “sweetness.”

<https://en.wikipedia.org/wiki/Halva>

Street Food & Snacks

- Roadside food stalls often sell just lentils and tandoori rotis, or masala stews with chapatis
- **Pakor**as are fried **vegetables fritters** that originated from India and are popular on the subcontinent.
- The recipe includes a mix of onions, potatoes, and other vegetables, finely sliced and mixed with gram flour, chili flakes, water, lemon juice, and chili powder.
- It is usually enjoyed with a glass of **masala chai**.
- **Gol gappay** is also known as a **pani puri**.
- It is kind of like a crepe that is hollowed out to make a round shape and filled with imli pani or flavored water, chaat masala, tamarind chutney, onions, and chili.



Pani puri

<https://trip101.com/article/street-food-in-pakistan>

Kids Try Pakistani Snacks Video!

Click on this link: https://www.youtube.com/watch?v=P5ypNp1_-a8



References

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- https://en.wikipedia.org/wiki/Pakistani_cuisine#:~:text=A%20typical%20Pakistani%20breakfast%2C%20locally,honey%2C%20butter%2C%20jam%2C%20shami
- https://www.youtube.com/watch?v=P5ypNp1_a8