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Aush or ash is a thick Afghanistani noodle soup that can be made in numerous ways. The basic ingredients are always the noodles, along with garlic, tomatoes, different herbs and spices (mint being the most prevalent), and chakkah, a type of strained yogurt that is either dolloped on top of the soup or stirred in at the end.. There are numerous varieties throughout Afghanistan, from the ...

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The cuisine diversity in Afghan food recipes reflects the ethnic, cultural and geographic differences. There are commonalities with India and Pakistan, but Afghan foods are demonstrably different and have long been renowned as a flavorsome cuisine form.

Afghan food or cuisine is mainly based on wheat,

barley or rice, but no matter what it is, it is enriched in rich spices and herbs, mixed with some lemon zest for the tangy within the sweet and sour. Like most of the Indian foods, Afghan cuisine sports richness in terms of their quality and once we get to know the recipes, it is actually a household name that we hear on a regular basis.

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Ashak Afghani dumplings, being prepared by team Ilham for a food festival. Photo: Erico Sugimoto and Aditi Sabbarwal The menu also offers all kinds of samosas, naans, kebabs and kormas, all with an Afghan twist. "Afghani food is relatively free of spices and relies more on the flavour of the ingredients," Noor says.

Afghan Cuisine Cooking For Life

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Afghan cuisine (Dari:

د آشيږي افغانستان (افغانستان خواره) is largely based upon the nation's chief crops, such as wheat, maize, barley and rice. Accompanying these staples are native fruits and vegetables and dairy products such as milk, yogurt, and whey. The nation's culinary specialties reflect its ethnic and geographic diversity.

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