

Dinner and A Book
Episode: #712

Menu:

Afghan Chicken
Bonjan Salat (Spicy Eggplant Salad)
Shorwa
Nan (Afghan Bread)

Recipes:

Afghan Chicken - (Serves 5)

2 large cloves of garlic
1/2 T. salt
2 cups Plain, whole-milk Yogurt
Juice and pulp of 1 large lemon (3-4 T.)
1/2 T. cracked black pepper
2 large whole chicken breasts (about 2 pounds). Use skinless chicken

Put salt in a wide, shallow bowl with the garlic and mash them together until you have paste. Add yogurt, lemon and pepper.

Add the chicken to the yogurt and turn so all surfaces are well coated.

Cover the bowl tightly and refrigerate. Allow marinating at least overnight or up to a day and a half.

To cook, remove chicken from marinade and wipe off all but a thin film. Broil or grill about 6 inches from the heat for 6 -8 minutes a side or until cooked. Serve at once with rice.

Bonjan Salat (Spicy Eggplant Salad) - (Serves 8)

3 medium eggplants
1 1/2 t. coarse salt
1/4 c. corn oil
1 1/2 c. tomato sauce
1/4 t. pepper
1 t. chili flakes or
1 t. minced fresh chiles
2 t. ground cinnamon
1 T. dried mint; crushed

Slice the eggplants crosswise into 1 1/2 inch thick pieces. Sprinkle them with 2 t. coarse salt and let stand for 15 minutes. Rinse eggplants under cold water, which removes the bitter taste, rinse and dry well on a towel.

Heat the oil in a skillet and lightly brown the eggplant slices over moderate heat for 3 minutes.

Remove and put into a serving bowl. Cool. Put the tomato sauce, pepper, chile, cinnamon, mint and 1/2 t. salt in a pan. Simmer over low heat for 10 minutes.

Pour the sauce over the eggplant; Refrigerate until ready to use. Serve cold or at room temperature.

Shorwa - (Serves 4-6)

3 T. Corn Oil

2 large onions, chopped

1/2 t. salt

4 c. water

2 medium potatoes, peeled and cut into 1 inch cubes

2 large carrots cut into 1-inch cubes

2 ribs celery with leaves, sliced

1/4 T. pepper

1/4 T. ground cinnamon

1 egg, beaten

2 T. fresh flat leaf parsley, chopped

1. Heat oil in a soup pan, add onions and 1/4 t. salt and stir-fry over moderate heat for 2 minutes. 2. Add the water, potato, celery, salt, pepper and cinnamon and bring to a boil. 3. Simmer soup, covered for 30 minutes. When ready to serve, dribble beaten egg into pan of soup in a circular motion. Sprinkle with parsley. Serve hot

Nan (Afghan Bread) – (Makes 8 Nans)

1 1/2 cups – warm water

1 package of dry yeast (1/4 oz.)

1 T. sugar

4 cups of flour

1 T. salt

1/4 c. corn oil

1 egg yolk, mixed with water

1 T. water

1 T. black cumin seed

1. Mix 1/2 c. of warm water, yeast and sugar and let sit for 10 minutes. When froth appears, sprinkle 1/2 t. flour on top and let it continue to sit for 5 minutes

2. Put flour in a large mixing bowl and sprinkle salt over it. Make a well in middle of flour and add oil and yeast mixture. Stir and add small amounts of water until you have produced a soft, moist dough that can be handled. Knead well for 5 minutes. Put dough ball back in bowl, cover with towel, and let rise for 1-½ hours. Punch down dough.
3. Divide dough into 8 equal parts and roll each into a ball. Roll each ball into an oval shape 6 to 7 inches long and ½ inch thick
4. Draw tines of a fork in 3 lines along length of each Nan for design.
5. Bake for 5 minutes or until golden brown. Can also be grilled in a fry pan in 1 t. oil.