

# SPOTLIGHT COUNTRY OF THE MONTH

## Afghanistan



Afghanistan, officially the Islamic Emirate of Afghanistan, is a landlocked country located at the crossroads of Central Asia and South Asia. We have a few ELLs at Edison who are from Afghanistan.

**Capital City:** Kabul

**Language:** Pashto, Dari

**Foods:** Afghan cuisine is influenced by Persian, Central Asian and Indian cuisines due to Afghanistan's close proximity and cultural ties. The cuisine is mainly based on Afghanistan's main crops, such as wheat, maize, barley, and rice. Accompanying these staple grains are native fruits, vegetables, and dairy products, such as milk, yogurt, whey, pmpnanits, grapes and sweet melons. Most of the people's diet revolve around rice-based dishes, while naan bread is consumed with most meals. Tea is generally consumed daily in large quantities, and is a major part of hospitality. The culinary specialties reflect the nation's ethnic and geographic diversity. The national dish of Afghanistan is Kabuli palaw, a rice dish cooked with raisins, carrots, nuts and lamb or beef.

**Official Bird:** Golden Eagle

**Nickname:** The Graveyard of Empires

**Population:** 38.93 million (2020) [World Bank](#)

## Recipe of the Month Chapli Kabab (Afghan Burger)



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### INGREDIENTS

2 pounds ground beef  
1 onion and 10 cloves of garlic  
food-processed  
1.5 tablespoon chili flake  
1.5 tablespoon ground coriander  
1.5 tablespoon ground cumin  
1.5 teaspoon turmeric  
1.5 tablespoon chili powder  
1.5 teaspoon salt  
2 tablespoon flour  
1/2 teaspoon ground ginger  
  
big handful of free herbs you have on hand (cilantro, parsley, etc)

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### INSTRUCTIONS

1. Take your food processed onions, garlic, and fresh herbs and mixed into the ground meat.
2. Add each of the dry spices and mix thoroughly.
3. Patty each of the hamburger kabobs in a mostly flat shape so that you get the most crispy edges as possible.
4. Take a skillet and fill with enough oil to pan fry the kabob. Fry until the outsides are dark, crispy, and golden brown. That's when you'll know the chapli kebab is ready.
5. Mandatory that you serve with our [Afghan yogurt sauce](#) and our [green chutney](#).