



## Istituto di Istruzione Secondaria Superiore "Presta - Columella"



**Category: Home Culture.** During the meeting with the Association “Rhapsody of voices”, a young refugee from Afghanistan told us what was the typical dish of his country.

1) Read the text and complete the activities.

### KABULI PULAO

Ingredients (for 5 people)

- Lamb or Beef – 1,5 kg
- Beef/Lamb broth – 1 cup
- Basmati rice – 1,5 kg
- Onion – 1
- Garam Masala (spice blend: ground peppercorns, cloves, cinnamon, cardamom) – 1 tsp
- Saffron – ½ table spoon
- Cumin powder – ½ table spoon
- Salt – 1 table spoon
- Brown sugar – 1 table spoon, optional
- Carrots – 2, julienned
- Yellow raisins – 1 cup
- Almonds – ½ cup, blanched
- Pistachios – ½ cup, blanched
- Cooking oil – ½ cup
- Water – 2 cups

### Preparation

Soak rice in water in a bowl and keep aside.

Heat half of the oil in a heavy large skillet and fry onions until golden brown. Add meat pieces to the fried onion and cook until light brown on both sides. Add salt, garam masala and saffron and fry the meat until the oil separates and rises to the top. Add water and bring to a boil. Lower the heat and simmer covered until meat is tender. Add more water if required.

In a separate pan, sauté carrots in a small quantity of oil, add sugar and fry until softened. Remove from pan and keep aside. Add a little oil to the pan and sauté raisins until they swell up. Remove from pan and set aside. Next fry the almonds and pistachios to a golden brown and set aside.

When meat is cooked, remove it from the remaining water/stock with a slotted spoon and set aside. Add rice and salt to the stock, add broth and cook until the liquid comes to a boil. Lower the heat and cook covered until rice is done and dry (about 15-20 minutes). Alternatively, once the water dries up to about 70% of its original quantity, the pan may be placed in a preheated oven at 200 degrees Celsius for 15-20 minutes.

When ready to serve, transfer the rice to an oven-safe serving plate, top with meat in the center surrounded by carrots on all sides. Enjoy your meal!



a) While reading the text, fill in the gaps with the words from the box:

various, winters, large, healthy, made, meal, version, value, dish

Kabuli Pulao or Afghani Pulao is a savory Central Asian ..... that has many variations. It is often prepared with cauliflower, cabbage, carrots and .....kinds of nuts. Traditionally cooked with .....pieces of lamb, Kabuli Pulao is equally delicious when .....with beef. There is even a vegetarian ..... that substitutes meat with stew-style vegetables. This is a .....and hearty dish that works just as well in the summers as in ..... The combination of textures, colors and nutritional ..... make this a popular dish that can be had as a complete.....

## Kitchen Verbs



b) Look at the picture and match the kitchen verbs with the right definition

1) <u>Blend</u>	a) to mix (something) by making circular movements in it with a spoon or similar object
2) <u>chop</u>	b) to make (food, such as bread and cake) by preparing a dough, batter, etc., and cooking it in an oven using dry heat.
3) <u>simmer</u>	c) to cook (food) directly over or under extremely high heat
4) <u>stir</u>	d) to cut (food) into very small pieces by rubbing it against a special tool (called a grater)
5) <u>pinch</u>	e) to cut (something) into pieces by hitting it with the sharp edge of an ax, knife, etc
6) <u>bake</u>	f) to change or to cause (something) to change from a solid to a liquid usually because of heat. Like cheese
7) <u>melt</u>	g) to form or arrange parts or pieces of something on top of each other : to form or arrange (something) in layers
8) <u>broil</u>	h) to mix (things) thoroughly and usually with good results.
9) <u>Grate</u>	i) the amount of something that can be held between your finger and thumb
10) <u>layer</u>	j) to cook (something) so that it is almost boiling for a certain period of time
1/.....; 2/.....; 3/.....; 4/.....; 5/.....; 6/.....; 7/.....; 8/.....; 9/.....; 10/.....;	