

BUFFALO WITHOUT BORDERS CULTURAL INFORMATION PACKET

NIGHT TWO AFGHANISTAN



CUISINE SERVED BY: KHOSHMAZEH AFGHAN CUISINE



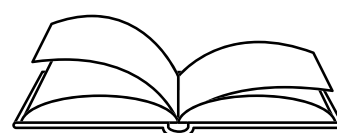
GET TO KNOW OUR BWB FEATURED CHEF, MOHAMAD!

Khoshmazeh Afghan Cuisine is a pop-up serving traditional Afghan dishes out of the commercial kitchen at the historic Broadway Market. What makes this night extra special is that Mohamad, the owner of Khoshmazeh, was resettled through the International Institute of Buffalo in 2007.

"When we came we had zero. I still remember the donation room, where we got the things that helped us begin again."

Now Mohamad runs a successful pop-up, outside businesses, and hopes to have his own restaurant one day saying, "there are many more recipe ideas I can make after I open a restaurant, things that take more time and need a bigger kitchen to make."

THE STORY BEHIND KHOSHMAZEH AFGHAN CUISINE



If you search "Afghan Food" in Buffalo, NY, Khoshmazeh is the first restaurant to appear, and the only place offering this style of cuisine in our entire city—a fact that Mohamad takes pride in. He says "Khoshmazeh will always be Buffalo's first Afghan restaurant, a very special thing."

Khoshmazeh means "delicious" in the Afghan language and the restaurant is named to highlight all the delicious foods in Mohamad's culture.

Using a 4-ingredient spice blend sourced directly from professional mixers in Afghanistan, Mohamad is dedicated to making accurate representations of his country's favorite dishes and sharing his culture with his Buffalo community.

Though vegetarianism is less common in Afghanistan, Khoshmazeh is making a vegan version of their Qabuli Plaw for the first time, which will only be available for the Buffalo Without Borders event!

Khoshmazeh Afghan Cuisine strives to fill the shortage of Afghan restaurants in Buffalo and would like to introduce a variety of unseen traditional plates as their business grows.

"I think my restaurant stands out in Buffalo because it is unique, it's not a burger, and it's unlike all the other cuisines, it is a new style of food and one that people should want to try!"

**FIND KHOSHMAZEH AFGHAN
CUISINE ON SOCIAL MEDIA!**

WHAT'S ON THE MENU?



QABULI PLAW

RICE PILAF COOKED WITH LAMB & MIXED WITH CANDIED SHREDDED CARROTS, RAISINS, & CHOPPED ALMONDS. SERVED WITH SALAD AND YOGURT



QABULI PLAW (V)

RICE PILAF COOKED & MIXED WITH CANDIED SHREDDED CARROTS, RAISINS, & CHOPPED ALMONDS. SERVED WITH SALAD, COOKED SPINACH, 1 PCS BOLLANI, & GREEN MILD SAUCE



WITH A PAIRED DRINK OF...



ZAFARON TEA



AND FOR DESSERT...



FERNI - AFGHAN CUSTARD



AROUND AN AFGHAN TABLE



AFGHAN DINNERTIME CUSTOMS

Like many other cultures, Afghan people prefer to dine on the floor. Dastarkhan refers to the space where food is eaten. Often there is a patterned tablecloth lied out on the floor, and dinner guests are each given a cushion to sit on.

Women are responsible for all of the food preparation, cooking, and cleaning up after meals. When dinner is ready, a large array of dishes are spread across the tablecloth. Many favorite dishes include Boranee Banjan (an eggplant dish), Qabuli Plaw (the rice dish featured at BWB), and Saji Kabab (chicken or lamb roasts).

The people of Afghanistan prefer their food to be rich in flavor but not spicy, and they often rely on yogurt as a cooling dressing or dip for their dishes.

Guests will each receive an individual bowl, but no utensils as most dishes are eaten with Naan, a style of Afghan bread.

Freshly brewed teas, like the Zafaron version we are serving for our celebration tonight, are served to close out the meal. Desserts like Ferni (Afghan custard), baklava, or pastries called Gosh-e-feel often accompany the tea.

Aghan hosts pride themselves on treating their guests like Kings. If you ever find yourself at an Afghan dinner party be prepared to eat multiple servings, and if you are full make sure to leave a bit of food on your plate so it does not get filled up again by your enthusiastic hosts!

SONGS FROM THE REGION

We've made a playlist full of Afghan songs to help you immerse yourself in the culture.

Click the music note graphic to be linked to our Spotify playlist.

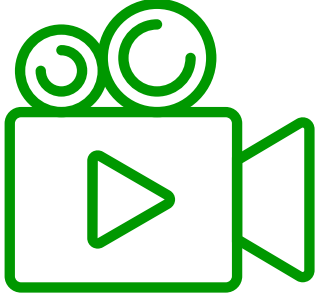


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AFGHAN MOVIE RECOMMENDATION

The Kite Runner

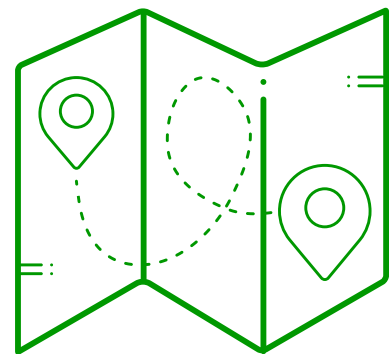
Directed by: Mark Forster



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The story of Amir, a well-to-do boy from the Wazir Akbar Khan district of Kabul who is tormented by the guilt of abandoning his friend Hassan. The story is set against a backdrop of tumultuous events, from the fall of the monarchy in Afghanistan through the Soviet military intervention, the mass exodus of Afghan refugees to Pakistan and the United States, and the Taliban regime.

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Buffalo Without Borders TO GO

CULTURAL INFORMATION PAGE

MORE ABOUT AFGHANISTAN

GEOGRAPHY:

Afghanistan's geography consists of irrigated land, small but fertile river valleys, deep gorges, deserts, high plateaus, and snow-covered mountains. The eastern portion of the country is divided by the towering mountain ranges of the Hindu Kush and Pamirs, with peaks rising about 24,000 feet.



CLIMATE:

In Afghanistan, the climate is usually arid continental, with cold and relatively rainy winters (and a rainy peak in spring) and hot and sunny summers.

Afghanistan

POPULATION: 38.93 million

AFGHANISTAN TODAY



Afghanistan is a landlocked country that shares its borders with Turkmenistan, Uzbekistan, and Tajikistan to the north, China to the northeast, Pakistan to the east and south, and Iran to the west. Although it occupies roughly the same latitudes as the South-Central US, it is far more mountainous, causing it to have a colder climate. There are considerable differences between day and night in lowland regions and in the valleys, with the southern lowlands having particularly hot summers and harsh winters. In the north and southwest, there are alluvial plains that provide fertile agricultural soil.

The region occupied by Afghanistan has long been a strategic location that made the area desirable to outside conquest. Since 500 BCE, when the land that is now Afghanistan was conquered by Darius of Babylonia, Afghan tribes have been subject to outside rule. Afghanistan has been under the military influence of many powers including Mongols, Muslim Arabs, Mauryas, Alexandra the Great, and in recent times under Western powers, such as the Soviet Union and Great Britain. In 1220 all of Central Asia fell to the Mongol forces of Genghis Khan and Afghanistan remained fragmented until the 1380s, when Timur consolidated and expanded the existing Mongol Empire. Timur's descendants ruled Afghanistan until the early sixteenth century. In more recent history, Afghanistan was under the control of the British Empire until the Anglo-Afghan Treaty of 1919 brought an end to decades of wars. The treaty provided a means through which the Afghan people achieved complete independence from British rule. Afghans celebrate independence day each year on August 19. In the wake of the September 11 attacks, the US and Northern Alliance troops invaded Afghanistan following unanswered demands that the Taliban turn over Osama bin Laden.

The United States' military presence continued until February of 2020, when the Trump administration negotiated a withdrawal agreement with the Taliban that excluded the Afghan government, and set a date of May 1, 2021, for the final withdrawal. On April 14, 2021, NATO Secretary-General Jens Stoltenberg said that the alliance would begin withdrawing troops from Afghanistan by May 1. While Biden delayed this initial deadline, his administration still pushed forward with a plan to withdraw by August 31, despite signs that the Taliban weren't complying with the agreement. Soon after the withdrawal of US and NATO troops, the Taliban launched an offensive against the Afghan government, quickly gaining control of a vast majority of Afghan territory. On August 15, they began capturing the capital city of Kabul, and many civilians, government officials, and foreign diplomats were evacuated. As the Taliban's opponents were defeated or fled, they swiftly restored the Islamic Emirate of Afghanistan.

New York State is home to approximately 7,500 Afghans, and that number is expected to grow as the crisis continues. In the coming months, WNY will be welcoming 335 evacuees and a coalition between the refugee resettlement agencies here in Buffalo has formed. If you want to learn more or find out ways you can help, check out the [Western New York Refugee and Asylee Consortium](#)

This portion of the Cultural Packet was brought to you by the Institute's International Exchanges and Education Department. To read more about our programs, you can visit our page [here!](#)

COOK AN AFGHAN MEAL AT HOME!



Sabse Borani: a spinach yogurt dip served with flatbread.

INGREDIENTS FOR SABSE BORANI

1 cup frozen, chopped spinach
1 medium onion, thinly sliced
2 cloves garlic, crushed
2 Tbsp vegetable oil
1 cup drained yogurt
salt to taste

HOW TO MAKE: SABSE BORANI

Prep time: 1 hour to drain yogurt

Cook Time: 10 minutes

- Drain yogurt over a small bowl for 1 hour. Use either a coffee filter in a large colander or a fine strainer by itself.
- Heat oil in a medium skillet. Saute the onion until golden, stirring occasionally. This can take 15 minutes. Watch that your pan does not dry out and the onions burn. If you do think the pan is drying out, add a little water and/or cover.
- Add garlic and heat until aromatic.
- Add spinach and cook for 2 minutes. Remove from heat and cool.
- In a small bowl, combine yogurt with spinach mixture. Add salt and pepper to taste. For maximum flavor, serve cool, but not cold.

