



# SHORBA

## AFGHAN LAMB & VEGRTABLE SOUP

ALSO REFERRED TO AS 'SHORWA'

### INGREDIENTS

- 7 tablespoons of vegetable oil
- 2 medium chopped onions
- 750 grams of lamb (lamb shoulder will be ideal – cut into 8 pieces)
- 250 grams chopped tomatoes - you can use can tomatoes too.
- Salt and pepper
- 4 medium size potatoes (peeled & chopped into 4 pieces)
- 2 medium size carrots (peeled and cut into 3 pieces)
- Fresh coriander for garnishing
- 1 small finely chopped red capsicum for garnishing
- 1 tablespoon tomato paste
- ½ tablespoon ground turmeric
- 1 teaspoon fresh garlic paste
- 1 teaspoon fresh ginger paste

### METHOD

1. Heat up the oil in a large pot or pressure cooker and place your chopped onions inside. Cook the onion until it turns golden colour in high flame.



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2. Add your meat and cook it for 8-10 minutes until the meat surface turns light brown. Keep stirring the meat. Add your, turmeric, garlic, ginger, salt and pepper and cook them for another 2 minutes.
3. Add your tomatoes and keep stirring until the sauce starts thickening and the oil begins surfacing – probably 5-10 minutes. Add your tomato paste and mix it with the sauce.
4. Add one litre water. You can pressure cook it or cook it in a normal pot until the meat is tender. When the meat is tender, add your, potatoes and carrots and cook for another 5-10 minutes until they are soft. Finally, add your coriander and red capsicum and add more water if you required and cook it for 1-2 minutes until the water boils. Your Shorba is ready.
5. Serve Shorwa with Afghan bread – if not, you can use any flat bread and eat it with fresh salata.

The best way to enjoy Shorwa is to share it with your family, friends and neighbours. There is a proverb in Dari which translates - share your food with people as sharing food will enhance the taste many folds. I have personally made amazing and long life friendships over lunch/dinner tables as we ate Shorba together.

Flip page for Essan's bio

## **Essan Dileri, Afghanistan**

My name is Essan Dileri. I live in Melbourne with my family. I would like to share a recipe of my favourite Afghan dish, Shorba (commonly referred as Shorwa).

When I was growing up, Mum would cook this delicious food often because I loved it. To date Shorwa is still one of the most favourite dishes. I remember the old days when I was at school in Kabul and would come home hungry and enjoy this delightful meal with my family. Now see how far I have journeyed since that time.

Shorwa is a popular and common dish in my country, Afghanistan. It is often mixed with bread. The main ingredients for Shorwa are lamb (you can use beef too), potatoes, carrots, coriander and onion mostly eaten with fresh garden salata (mixed salad).

There are different ways to make Shorwa. This is how my Mum taught me to cook.