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AFGHAN CUISINE COOKING FOR LIFE A
COLLECTION OF AFGHAN RECIPES AND
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Search results, Afghan cuisine is largely based upon the nation's chief crops, such as wheat, maize, barley and rice. Accompanying these staples are native fruits and vegetables as well as dairy products such as milk, yogurt and whey., A cuisine is a style of cooking characterized by distinctive ingredients, techniques and dishes, and usually associated with a specific culture or geographic region. A cuisine is primarily influenced by the ingredients that are available locally or through trade.

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