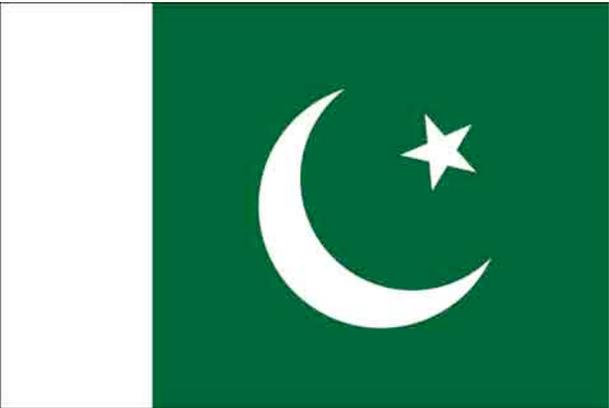
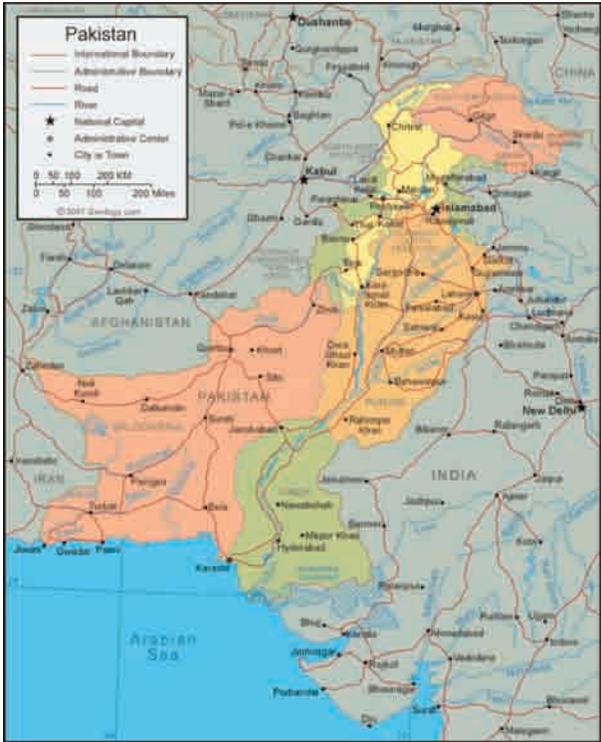


Exploring Pakistan ...

Information and Guide to Cultural Artifacts



South Asia Institute

The University of Texas at Austin

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Quick Facts about Pakistan

Official Name:	Islamic Republic of Pakistan
Capital City:	Islamabad
Population:	167,762,040 (July 2008 est.)
Geographic Size:	803,940 sq km
Official Language:	Urdu
Religions:	Muslim 97% (Sunni 77%, Shi'a 20%), other (includes Christian and Hindu) 3%
Main Crops:	Cotton, Rice
Money:	Pakistani Rupee

* The name “Pakistan,” which means “land of the pure,” was suggested by Muslim students studying at Cambridge University in 1933. They derived the term from the names of areas in which there were large Muslim populations: Punjab, Afghania (North-West Frontier Province), Kashmir, Iran, Sindh, Turkharistan, Afghanistan, and BalochistaN. Additionally, the term “stan” means “country” or “place” in Hindi and Persian.

Geography

Pakistan’s land mass consists of about 307,374 Square Miles. The country borders Afghanistan, China, India, and Iran. The highest mountain in Pakistan is the second tallest mountain in the world. It is found in the Karakoram Mountain Range. This peak is called “K2,” and its highest point reaches about 28,251 feet about sea level.

The climate in Pakistan is mostly hot, dry desert, though it is more temperate in the northwest, and arctic in the north. Pakistan has three seasons: hot (March- June, up to 122 degrees F.), cold (October-February, may dip to below 36 degrees F.), and wet (July-September).

CIA: The World Factbook. “Pakistan.” Updated: 15 May 2008. 9 June 2008.
<<https://www.cia.gov/library/publications/the-world-factbook/geos/pk.html>>

DeAngelis, Gina. Pakistan. Makato, Minnesota: Blue Earth Books, 2004.

Posters of Tourist Attractions in Pakistan

1. Summit Minar and Wapda House, Lahore

The Summit Minar was built in the city of Lahore 1974 in distinction of staging the second Islamic summit. The Wapda



House is an example of a modern office block. It has a glass dome and a garden roof.



2. Madian, Swat

Madian (also spelled Madyan) is an area in the mountains in the region of Swat, Pakistan. It is also known as the “Switzerland of the East” because of the beautiful, relaxing mountain views.

3. Patriata (New Murree)

Patriata (also called New Murree) is a city located in a hill station in Pakistan. The cooler climate and the natural beauty of the high-rise mountain area make this spot a popular tourist attraction.



History

“Background” – from:

CIA: The World Factbook. “Pakistan.” Updated: 15 May 2008. 10 June 2008.

<https://www.cia.gov/library/publications/the-world-factbook/geos/pk.html>

The Indus Valley civilization, one of the oldest in the world, dates back at least 5,000 years and spreads over much of what is presently Pakistan. During the second millennium B.C., remnants of this culture fused with the migrating Indo-Aryan peoples. The area underwent successive invasions in subsequent centuries from the Persians, Greeks, Scythians, Arabs (who brought Islam), Afghans, and Turks. The Mughal Empire flourished in the 16th and 17th centuries; the British came to dominate the region in the 18th century.

The separation in 1947 of British India into the Muslim state of Pakistan (with West and East sections) and largely Hindu India was never satisfactorily resolved, and India and Pakistan fought two wars - in 1947-48 and 1965 - over the disputed Kashmir territory. A third war between these countries in 1971 - in which India capitalized on Islamabad's marginalization of

Bengalis in Pakistani politics - resulted in East Pakistan becoming the separate nation of Bangladesh. In response to Indian nuclear weapons testing, Pakistan conducted its own tests in 1998. The dispute over the state of Kashmir is ongoing, but discussions and confidence-building measures have led to decreased tensions since 2002.

Religion

“Pakistan” – from:

"Pakistan." *Encyclopædia Britannica*. 2008. *Encyclopædia Britannica Online*. 11 June 2008
<<http://www.britannica.com/eb/article-23691>>.

Almost all of the people of Pakistan are Muslims or at least follow Islamic traditions. Islamic ideals and practices suffuse virtually all parts of Pakistani life. Most Pakistanis belong to the Sunni sect, the major branch of Islam; there are also significant numbers of Shi'ite Muslims. Among Sunnis, Sufism is extremely popular and influential. In addition to the two main groups there is a very small sect called the Ahmadiyah, which is also sometimes called the Qadiani (for Qadian, India, where the sect originated).

The role of religion in Pakistani society and politics finds its most visible expression in the Islamic Assembly (Jama'at-e Islami) party. Founded in 1941 by Abu al-A'la Mawdudi (Maududi), one of the world's foremost thinkers in Sunni revivalism, the party has long played a role in Pakistan's political life and has continually advocated refashioning Pakistan as a chaste Islamic or theocratic state.

The majority of Pakistani Sunnis belong to the Hanafi (Hanafite) school, which is one of four major schools (madhhabs) or subjects of Islamic jurisprudence; it is perhaps the most liberal of the four but nevertheless is still demanding in its instructions to the faithful. Two popular reform movements founded in northern India—the Deoband and Barelwi schools—are likewise widespread in Pakistan. Differences between the two movements over a variety of theological issues are significant to the point that violence often has erupted between them. Another group, Tablighi Jama'at (founded 1926), headquartered in Raiwind, near Lahore, is a lay ministry group whose annual conference attracts hundreds of thousands of members from throughout the world. It is perhaps the largest grassroots Muslim organization in the world.

The Wahhabi movement, founded in Arabia, has made inroads in Pakistan, most notably among the tribal Pashtuns in the Afghan border areas. Moreover, since the Soviet invasion of Afghanistan in 1979, Saudi Arabia has assisted Pakistan in caring for vast numbers of Afghan refugees in the border areas and in the construction and staffing of thousands of traditional Sunni madrassas (religious schools). These schools generally have provided instruction along Wahhabi lines, and they subsequently have become vehicles for the spreading influence of extremist groups (particularly al-Qaeda and the Taliban of Afghanistan) in Balochistan, the North-West Frontier Province, and elsewhere throughout the country. Although extremism in the name of Islam has become more pronounced in Pakistan since 2000, more-moderate Sunni Muslims are found in the country's business community, especially among Gujarati Memons and Chiniotis from Punjab who follow less-conservative Islamic traditions.

Among the Shi'ites there are several sub-sects; notable are the Isma'ilis (or Seveners)—including the Nizaris (followers of the Aga Khans, among whom are the Khojas and the Bohras), who are prominent in commerce and industry—and the Ithna 'Ashariyyah (or Twelvers), who are more austere in their practices and more closely resemble the Shiite tradition found in Iran. Shi'ites have long been the target of Sunni radicals, and violent encounters between followers of the two sects have been common.

With the exception of some sects, such as Dawoodi Bohras, there is no concept of an ordained priesthood among Pakistan's Muslims. Anyone who leads prayers in mosques may be appointed imam. Those who are formally trained in religion are accorded the honorific mullah or mawlana. Collectively, the community of Muslim scholars is known as the 'ulama' ("scholars"), but among the practitioners of a more popular sect of Islam (generally associated with Sufism) there are powerful hereditary networks of holy men called pirs, who receive great reverence (as well as gifts in cash or kind) from a multitude of followers. An established pir may pass on his spiritual powers and sanctified authority to one or more of his murids ("disciples"), who may then operate as pirs in their own right. There are also many self-appointed pirs who practice locally without being properly inducted into one of the major Sufi orders. Pirs who occupy high positions in the pir hierarchy wield great power and play an influential role in public affairs.

Among the basic tenets of the Ahmadiyah is the belief that other prophets came after Muhammad and that their leader, the 19th century's Ghulam Ahmad, was called to accept a divine mission. The Ahmadiyah therefore appear to question Muhammad's role as the last of God's prophets. More conservative Muslims find this seeming revision of traditional belief blasphemous, and in 1974 a constitutional amendment declared the Ahmadiyah community to be non-Muslims. The community became the focal point of riots in the Punjab in 1953, instigated by the Islamic Assembly but also including a broad representation of religious groups. Since then the Ahmadiyah have experienced considerable persecution, particularly during the administration (1977–88) of Gen. Mohammad Zia ul-Haq—when they were denied all semblance of Islamic character—and they have been denied positions in the civil service and the military and often have been forced to conceal their identity.

At the time of partition, most Hindus left newly formed West Pakistan for India. In the east, wealthier Hindus also fled newly formed East Pakistan, but a sizeable minority of Hindus (nearly 10 million) stayed behind. The vast majority remained there until the civil war of 1971 (which led to the creation of Bangladesh) compelled them to seek refuge in India. Pakistan's Hindu community now constitutes only a tiny fraction of Bangladesh's population.

There is also a small but fairly significant population of Christians in the country. There are adherents to a variety of denominations, Roman Catholicism being the largest. Violent attacks against Christians became increasingly common during the Zia ul-Haq regime, a trend that continued afterward with the increase of religious strife.



4. Prayer Rug

“What are Prayer Rugs and How are They Used by Muslims?”
-from:

Huda. “What are Prayer Rugs and How are They Used by Muslims?” [About.com: Islam](http://islam.about.com). Copyright 2008, About, Inc. 10 June 2008.

[<http://islam.about.com/od/prayer/f/prayer_rugs.htm>](http://islam.about.com/od/prayer/f/prayer_rugs.htm)

During Islamic prayers, worshippers bow, kneel, and prostrate on the ground in humility before God. The only requirement in Islam is that prayers be performed in an area that is clean. Prayer rugs are not universally used by Muslims, nor specifically required in Islam. But they have become a traditional way for many Muslims to ensure the cleanliness of their place of prayer, and to create an isolated space to concentrate in prayer.

Prayer rugs are usually about one meter long, just enough for an adult to fit comfortably when kneeling or prostrating.

Modern, commercially-produced rugs are often made of silk or cotton. While some rugs are made in solid colors, they are usually adorned. The designs are often geometric, floral, arabesque, or depict Islamic landmarks such as the Ka'aba in Mecca or Al-Aqsa Mosque in Jerusalem. They are usually designed so that the rug has a definite "top" and "bottom" -- the bottom is where the worshipper stands, and the top points towards the direction of prayer.

When the time for prayer comes, the worshipper lays the rug on the ground, so that the top points towards the direction of Mecca, Saudi Arabia. After prayer, the rug is immediately folded or rolled, and put away for the next use. This ensures that the rug remains clean.

The Arabic word for a prayer rug is "sajada," which comes from the same root word (*SJD*) as "masjed" (mosque) and "sujud" (prostration).

Popular Sites of Islamic Pilgrimage



5. Khana-e-Kaaba, Makkah Mukarrama

The Makkah (also spelled Mecca) is the holiest city in Islam. This is the place of the pilgrimage of the Hajj, which is one of the five pillars of Islam. This city is home to the Kaaba shrine.



6. Masjid E-Nabavi, Medinah Munawara

The Masjid E-Nabavi is also called the Temple of the Prophet. It is located in Saudi Arabia. This is the second holiest place in Islam. The prophet, Muhammad is said to be buried here.

7. Prayer Cap



The prayer or skull cap (also called “kufi” or “doppa”) is often worn by Muslim men during prayer.

Language



8. Urdu Readers

Urdu is closely related to Hindi (the national language of India), though much Urdu vocabulary derives from Persian and Arabic.

Urdu is spoken in many places outside of Pakistan. Some of these places include: Afghanistan, Bahrain, Bangladesh, Botswana, Fiji, Germany, Guyana, India, Malawi, Mauritius, Nepal, Norway, Oman, Qatar, Saudi

Arabia, South Africa, Thailand, the UAE, the UK and Zambia.

Urdu

Urdu, the national language of Pakistan, is in the Indo-European language family. An estimated 104 million people speak Urdu, including those who

speak it as a second



9. Urdu Alphabet Chart

The writing style of Urdu also differs from that of Hindi (which is typically written in a script called Devanagari). Urdu has been written with a version of the Perso-Arabic script since the 12th century, and is normally written in a calligraphy style called Nastaliq.

Ager, Simon. "Urdu." Ominglot: Writing Systems and Languages of the World. Copyright 1998-2008. 9 June 2008. <<http://www.omniglot.com/writing/urdu.htm>>

Urdu Alphabet (Abjad)

ذ	ڈ	د	خ	ح	چ	ج	ث	ٹ	ت	پ	ب	ا			
ذال	ڈال	دال	خے	حے	چے	جیم	ٹے	ٹے	تے	پے	بے	الف			
zāl	ḍāl	dāl	khe	he	che	jīm	se	te	te	pe	be	alif			
z	ḍ	d	kh	h	c	j	s	ṭ	t	p	b	-			
[z]	[ḍ]	[d]	[χ]	[h]	[tʃ]	[dʒ]	[s]	[t]	[t]	[p]	[b]	[ɑ/ə]			
ف	غ	ع	ظ	ط	ض	ص	ش	س	ژ	ز	ر				
فے	غین	عین	ظاے	طاے	ضا	صا	شین	سین	ژے	زے	رے				
fe	ḡain	ʿain	zoe	toe	zvād	svād	šīn	sīn	že	ze	re	re			
f	ḡ	ʿ	z	t	z	s	š	s	ž	z	r	r			
[f]	[χ]	C_[ɑ]; [Ø/ʔ/ə]	[z]	[t]	[z]	[s]	[ʃ]	[s]	[ʒ]	[z]	[r]	[r]			
ی	ء	ھ	ہ	و	ں	ن	م	ل	گ	ک	ق				
چھوٹی یے	حمزہ	دو چشمی ے	چوٹی ے	واؤ	نون غن	نون	میم	لام	گاف	کاف	قاف				
choṭī ye	hamzah	lo chashmī he	choṭī he	vāū	nūn-e	nūn	mīm	lām	gāf	kāf	qāf				
y	vowel	indicates	/_#	v	ḡunnah	n	m	l	g	k	q				
[j/i/e/ɛ]	separator	aspiration	[h, Ø]	[v/u/ʊ o/ow]	[ŋ]	[n]	[m]	[l]	[g]	[k]	[q]				
									Aspirated letters						
نھ	مھ	لھ	گھ	کھ	رھ	ڑھ	دھ	چھ	جھ	ٹھ	تھ	پھ	بھ	ے	
نھے	مھے	لھے	گھے	کھے	رھے	ڑھے	دھے	چھے	جھے	ٹھے	تھے	پھے	بھے	باری یے	
nhe	mhe	lhe	ghe	khe	rhe	rhe	dhāl	dhāl	chhe	jhe	ṭhe	the	phe	bhe	bari ye
nh	mh	lh	qh	kh	rhe	rh	dhāl	dh	chh	jh	th	th	ph	bh	

Clothing

10. Salwar Kameez

In Pakistan, the traditional form of dress for women is the “salwar kameez.” This style of clothing is also popularly worn in India, Bangladesh, and Afghanistan. The salwar is a pair of loose, trouser-like pajama style pants. The salwar are typically wider at the waist and hips and tapered to the ankles. They are typically pleated at the waist and fastened by a cord or elastic band.



They also come in several different styles varying in degree of how loosely or tightly they fit the legs. The kameez is a long tunic whose seams, after closing along the waistline, are left open to allow for a greater degree of movement for the legs. These may also be decorative and come in various styles.



Women also typically also wear a “dupatta” along with their salwar kameez. The dupatta is a long cloth or shawl made of a light fabric. Women wear these across their shoulders (draping in the front) or over their heads.

R, Waseem "Indian And Pakistani Clothing And Wedding Dresses." [Indian And Pakistani Clothing And Wedding Dresses](http://ezinearticles.com/?Indian-And-Pakistani-Clothing-And-Wedding-Dresses&id=484436). 11 Mar. 2007. *EzineArticles.com*. 11 Jun 2008 <<http://ezinearticles.com/?Indian-And-Pakistani-Clothing-And-Wedding-Dresses&id=484436>>.

1 1. Boy's Kurta Pajama

A style of traditional Indian and Pakistani clothing for men is the “kurta-pajama,” which consists of two garments, the kurta (shirt), and the pajama (pants).

The kurta is a type of long, loose shirt almost reaching the knees. The pajama (or pyjama), is a lightweight drawstring trouser.

Indian men are very fond of wearing Western style clothing, and therefore in many areas, kurta pajamas are mostly worn on formal occasions. Kurta pajamas can also be worn casually. In fact, there are many Indian men who wear this type of dress as their sleepwear.

The term 'pyjama' crept into the English language from Hindustani, a language from which Urdu and Hindi originated. The word originally comes from the Persian word 'Payjama, ' which means 'leg garment'.



Only soft fabrics are used for making kurta pajamas since they are designed to be a comfortable loose-fitting style of dress. Though good quality cotton is the most common material used for making kurta pajama, other fabrics like silk and satin are also used. Adults tend to prefer wearing the kurta pajama in neutral shades, for a dignified look. Children, on the other hand, wear this dress in varied hues and patterns.

Indian Clothing. “Kurta Pajama.” [iloveindia.com](http://www.iloveindia.com). 16 June 2008.

<<http://www.iloveindia.com/indian-clothing/kurta-pajama.html>>

1 2. Chappals

Sandals or “chappals” are a very common type of shoe worn by both women and men in Pakistan and India.



Currency



13. Pakistani Rupee

The official currency of Pakistan is the rupee (PKR). Just as the American dollar consists of 100 cents, one rupee consists of 100 paise (singular = paisa). Pakistan began printing its own currency in 1948, not long after the partition of India and Pakistan in 1947. Initially, Pakistan used Indian currency with the word, "Pakistan," stamped on it. These Indian rupees circulated only for a few months until enough Pakistani rupees had circulated through the

system. Until the turn on the 21st century, the Pakistani rupee declined in value against the U.S. dollar. However, the large current-account surplus of the rupee drove up its value until the government lowered interest rates and stabilized the currency.

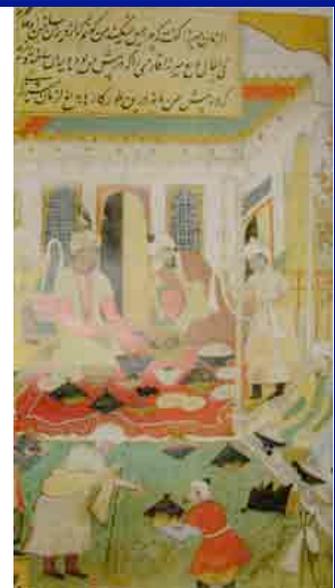
GoCurrency.com. "What is the Pakistani Rupee (PKR)?" Copyright 2005. 10 June 2008.
<<http://www.gocurrency.com/countries/pakistan.htm>>

Art

14. Calendars/ Islamic Artwork

Several Standard calendars featuring popular tourist attractions or Islamic art are included in the trunk.

Several posters featuring more Islamic artwork are also included.



15. Candlesticks with traditional Islamic Art Motifs

These candlesticks are carved in a traditional Islamic art style. Such geometric and floral motifs have been popular among Islamic Artists all over the world. These patterns have been used to decorate many surfaces such as: pots, walls, floors, lamps, or textiles. This type of art may have developed out of an interest in mathematics. It is possible that this type of art was a response to Islamic concerns about images and idolatry. To avoid any complications with art and idolatry, many Islamic artists may have focused their energies on developing more geometric art and art based on nature.



IAORG. "Islamic Floral Patterns & Geometry." [IslamicArchitecture.org](http://www.islamicarchitecture.org). Copyright 1998-2008. 9 June 2008. <<http://www.islamicarchitecture.org/art/islamic-geometry-and-floral-patterns.html>>



16. Camel Sculpture

The Camel is still used today in Pakistan as a pack and cart animal, and as a work animal in rural areas. Though machine equipment is readily available for many of the jobs camels used to be employed to perform, the cost of feeding camels is often less than the cost of fuel for machinery. This factor may be a considerable part of the reason why camels are still commonly found working in Pakistan.

Hasnain, H.; Heston, Alan; Hussain, S.Z.; and Khan, R. N. "The Economics of Camel Transport in Pakistan." *Economic Development and Cultural Change*, Vol. 34, No. 1 (Oct., 1985), pp. 121-141. [The University of Chicago Press](http://www.jstor.org/sici?sici=00130079(198510)34%3A1%3C121%3ATEOCTI%3E2.0.CO%3B2-Y&cookieSet=1). 9 June 2008.
[http://www.jstor.org/sici?sici=00130079\(198510\)34%3A1%3C121%3ATEOCTI%3E2.0.CO%3B2-Y&cookieSet=1](http://www.jstor.org/sici?sici=00130079(198510)34%3A1%3C121%3ATEOCTI%3E2.0.CO%3B2-Y&cookieSet=1)

Music

“Pakistan” -from:

Tsioulcas, Anastasia. “Pakistan.” National Geographic Music. Copyright: National Geographic Society 1996-2008. 11 June 2008.

http://worldmusic.nationalgeographic.com/worldmusic/view/page.basic/country/content.country/pakistan_334?fs=www3.nationalgeographic.com&fs=plasma.nationalgeographic.com

Because of the country's history and geographical realities, the musical traditions of Pakistan are inextricably tied to its neighbors: on the one side, northern India; on the other, Afghanistan and Iran. Those musical links bear testament to Pakistan's place for centuries as a cultural crossroads. Having said that, it's impossible to speak of Pakistani music without acknowledging the tremendous emotional force and widespread impact that the qawwali genre—and, more specifically, the gravitational pull that one artist above all else, Nusrat Fateh Ali Khan—has had on audiences around the world. Whether heard in its most traditional quarters (a Sufi saint's shrine), or in the highly intimate setting of an aficionado's home during a mehfil gathering, or on the concert stage of a Western auditorium, qawwali is Pakistani music par excellence.

However, Pakistan is also home to some fascinating folk traditions, including fierce Pashtun music from the city of Peshawar in Northwest Frontier Province (documented on the release *Chants Pashtous du Pakistan* on the French label Long Distance); Sindhi music from the southern province of Sindh (try *Sindhi Soul Session* on Shanachie); and the sounds of the Baluchi people, who are fanned across Pakistan, Afghanistan and Iran (again on Shanachie: *Love Songs and Trance Hymns*, performed by the Baluchi Ensemble of Karachi).

In addition, vocal fans should be on the lookout for recordings by Pakistani film playback singing queen Noor Jehan as well as recordings by outstanding Pakistani practitioners of Hindustani classical music like Salamat Ali Khan. For a taste of Noor Jehan's work, plus a sampling of qawwali, ghazal and other styles, check out *The Rough Guide to the Music of Pakistan* (World Music Network).

17. Pakistani Pop Music

Pakistan's first widely known pop band was the group “Vital Signs.” The band became famous in 1987 with their song “Dil Dil Pakistan.” This song was voted the third most popular in the world at the time by BBC World. A copy of the album “Vital Signs 2,” the band's second album (released in 1991) is included on the CD in the artifact trunk.



Cuisine

“Pakistani Cookery” –from:

Butt, Bushra J. "Pakistani Cookery." [Cooking with B.J.](#) 1998. [ContactPakistan.com](#). 11 June 2008. <<http://contactpakistan.com/pakfood/>>.

Pakistani cuisine is as diverse as its people. Most of Pakistani cuisine has Afghan-Turkic-Iranian roots, a legacy of Muslim rule in South Asia, which got 'Indianized' due to the greater usage of spices; this is specially true for Pakistani Punjabis, Sindhis and Muhajirs (also Muslims in India); whereas Pakistani Pashtuns and Baluchese have retained their cuisine similar to their western neighbors. So in a wider sense Pakistani cuisine is a blend of western (Afghan-Iranian) and eastern (Indian) neighbors, depending on the region and people, of which many have evolved into their own unique distinct characteristics. Meat is a major part of Pakistani diet, and vegetables and beans are just as important. Wheat is also the main staple of Pakistani diet, and rice is also popular. The content of spices can range from very spicy/hot to mild, although spicy/hot seems more popular. In recent times, some Chinese and American cuisines have also been adopted by a few segments of Pakistani urbanites.

“Pakistani Cuisine” -from:

Mazhar, Osman. “Pakistani Cuisine.” 11, Jun 2008.

<<http://www.msstate.edu/org/psa/frontpage/articles/cuisine.html>>

Basic Subsistence

At its simplest, Pakistani cooking today consists of staple foods that are cheap and abundant. Wheat and other flour products are the mainstay of the diet, one familiar form being the “chapatti”, an unleavened bread akin to a Mexican tortilla. This is made with dough prepared from whole-wheat flour.

Another basic food is “lassi,” milk from which curds and butterfat have been removed. Vegetables, usually seasonal, and lentils are commonly used. Families with larger incomes eat more meat, eggs, and fruits. The more affluent cook with “ghee,” which is clarified butter, instead of with vegetable oil.

From the earliest times, the imaginative - and sometimes heavy - use of spices, herbs, seeds, and flavorings and seasonings have helped cooks transform rather ordinary staple foods into exotic cuisine.

Consider some of the most common of these spices in wide use in Pakistan today: chilli powder, turmeric, garlic, paprika, black pepper, red pepper, cumin seed, bay leaf, coriander, cardamom, cloves, ginger, cinnamon, saffron, mace, nutmeg, poppy seeds, aniseed, almonds, pistachios, and

yogurt.

Their use in a wide range of pickles, chutneys, preserves, and sauces, together with curries of all descriptions and special treatment for meats, sea, food, vegetables and lentils, gives Pakistani cooking much of its distinctive character.

Cultural influences, whether religious precepts, practices, and ceremonies or local traditions, esthetic preferences, etc., these have all made their contribution toward the evolution of Pakistani cuisine.

The Influence of Islam

The spread of Islam to what is now Pakistan, starting in the Eighth Century, has given a basic character to the food of the people. The Quranic injunctions against eating pork or drinking alcoholic beverages has channeled tastes and appetites in other directions. Lamb, beef, chicken and fish are basic foods, although their consumption by persons of low income is modest and often ceremonial.

Some of the Muslim feasts involve special dishes. Eid-ul-Adha, which commemorates the Prophet Ibrahim's readiness to obey God, even to the point of being willing to sacrifice his son, is observed by the sacrifice of a goat, a lamb, or a cow from which special dishes are made.

On Eid-ul-Fitr, which marks the end of RAMADAN, the month of fasting in the Islamic Calendar, the serving of a special dessert of vermicelli cooked in milk is a must. Almonds, pistachios, and silver foil (which is also eaten) are added as edible decorations. The silver foil is so thin that it will disintegrate unless it is immediately transferred from the protective layers of paper onto the dish.

Food and the Moghul emperors

Another major influence in the development of Pakistani cookery was the establishment of the Moghul Empire starting in 1526. The opulent tastes exhibited by such Emperors as Humayun, Akbar, Jahangir, Shah Jahan and Aurangzeb in art, architecture, music, dance, and jewelry was also extended to food.

A style of cookery called Moghlai' evolved at the Moghul court and even today it remains centered in Lahore. Some latter-day and widely known survivors of court cookery are, for example, chicken tandoori, a dish in which chicken is cooked at low temperatures in special ovens called "tandoors," and murg musallum' in which the whole chickens are roasted with special spices and ingredients. "shahi turka," a dessert of sliced bread, milk, cream, sugar and saffron, is another left-over from the days of the Moghuls.

Perhaps the ultimate Moghul cuisine was reached when the imperial chefs perfected the recipes for desserts made from ginger and garlic. Ginger and garlic puddings are still made in some

homes for truly special occasions.

Fruit drinks, squeezed from pomegranates, apples, melons, and mangoes are called “sharbat.” These are an important part of the Moghlai cuisine and, indeed, the inspiration for American “sherberts.”

Other Influences

Cookery in Pakistan has always had a regional character, with each of the four provinces offering special dishes. In the Punjab, for example, the Moghlai' cuisine using tandoor ovens and elaborate preparations is important. In Baluchistan, cooks use the “sajji” method of barbecuing whole lambs and sticking bread in a deep pit.

“Bunda pala” (a fish dish) is a well-known delicacy of Sind. The fish is cleaned and stuffed with a paste made from a variety of spices and herbs, including red pepper, garlic, ginger, and dried pomegranate seeds. It is then wrapped in cloth and is buried three feet deep in hot sand under the sun. There it stays baking for four to five hours from late morning to early afternoon. “Thandal,” made from milk and a paste of fresh almonds, is a popular drink. Cooking in the Northwest Frontier Province is a great deal plainer and involves the heavy use of lamb.

Ceremonial occasions such as weddings have inspired a number of fancy dishes. A traditional dish at marriage feasts, for example, is chicken curry with either “pilau” or “biryani.” “Firini,” made from cream of rice and milk, is an equally traditional wedding dessert. It is served in clay saucers topped by silver foil. At Zoroastrian (Parsi) weddings, which are not frequent because so few followers of this ancient Iranian religion live in Pakistan, a special fish dish is served. This is “patrani machchi”, consisting of sole, plaice, or a local fish called “pomfret,” wrapped in banana leaves, steamed or fried, and then baked slowly for half an hour.

18. Achar (Pickle) Seasoning: Hot and Spicy

Ingredients:

Salt	Fenugreek seed	Coriander
Red chili	Mustard seed	Citric acid
Tumeric	Coran	Clove
Aniseed	Dill seed	Garlic
Nigella Seed	Cumin seed	Ginger

19. Garam Masala

Garam Masala, which literally means “hot spice” is not a spice in itself. It is a spice blend used throughout India and the rest of the Indian Subcontinent. This special blend of spices is used in small quantities (otherwise it will overpower the dish) at the end cooking, or is fried in the beginning of cooking to add a subtle flavor to the dish. There are many different kinds of Garam Masala depending on the region and the personal taste of the cook. This spice blend can be easily found in most international sections of large grocery stores in the West or in Indian/South Asian stores.

Ingredients:

30 green cardamom pods	4 cinnamon sticks
15 cloves	5 tbsp cumin seeds
5 black cardamom pods	2 tbsp coriander seeds
4 pieces mace	1 tbsp fennel seeds
1 tbsp black peppercorns	½ tsp fenugreek seeds

Preparation:

1. Place all the spices in a dry-frying pan or skillet and heat on a very low setting, stirring constantly. As soon as the aroma from the spices begins, remove the pan from the heat. This step is to release the aromatic oils from the spices.
2. Working with only a small quantity at a time, put the spices in an electric blender to grind it to a fine powder. Remove the cardamom pod skins. Allow to cool.
3. Store the Garam Masala in an air-tight container. As long as the container is tightly closed after each use, it should last for a long time.

20. Tamarind

The Tamarind plant is native to tropical Africa and grows wild in the Sudan. It was introduced to India long ago, and is often reported as being indigenous to that region as well. It is cultivated extensively in tropical regions of the world. The fruit pulp of the Tamarind is used in Asian and Latin American cooking.

California Rare Fruit Growers, Inc. “Tamarind.” Copyright 1996. 10 June 2008.
<http://www.crfg.org/pubs/ff/tamarind.html>



Typical American Cuisine also in Pakistan

Familiar foods such as Coke and McDonalds are also available in Pakistan. However, the Coke recipe tends to be different depending on where it is prepared. McDonald's menus are also altered for specific cultures. For example, in Pakistan a spicy McChicken burger is made with chutney, a Pakistani/Indian sauce.



21. Pakistani McDonald's

22. Coke in Pakistan

Recipe Sources Online for Pakistani Food

The Desi Cookbook - <<http://desicookbook.com/>>

- Lots of recipes with pictures
- Fun popup images of spices used in recipes

KhanaPakana.com - <<http://www.khanapakana.com/recipes.aspx>>

- The name of the site means “cook food” in Hindi/Urdu
- Very well organized site with tons of recipes and images

Quick Artifact Reference

1. Summit Minar and Wapda House, Lahore



2. Madian, Swat



3. Patriata, New Murree



4. Prayer Rug



5. Khanna-e-kaaba, Makkah Mukarrama



6. Masjid E-Nabavi, Medinah Munawara



7. Prayer Cap



8. Urdu Readers



9. Urdu Alphabet Chart



10. Salwar Kameez



11. Boy's Kurta Pajama



12. Chappals



13. Pakistani Rupee



14. Calendars/ Islamic Artwork



15. Candlesticks with Traditional Islamic Art Motifs



16. Camel Sculpture



17. Pakistani Pop Music



18. Achar

19. Garam Masala

20. Tamarind

21. Pakistani McDonald's



22. Coke in Pakistan

