

COOKING TO CONNECT

Everyone has a story to share.

PAKISTANI CHAI TEA

Ingredients

5 cups of hi-lo milk

5 tsp Vital black tea (it is a Pakistani tea)

½ tsp spice mix (see below)

5 tsp sugar (to your taste, you may like more or less)

Spice mix

2 tbsp ground Cardamon

1 tbsp ground Cloves

1 tbsp ground Cinnamon

Method

1. In a small pan add milk, black tea, spice blend and sugar
2. Boil for 7-8 minutes until the colour is brown (like a caramel colour)
3. Strain the chai, pour in a mug and your yummy chai is ready!



OUR KATANNING RESIDENT OUR AFGHAN FRIEND

I was born in Afghanistan in a small town. I was 5 years old when my parents decided to leave Afghanistan. It wasn't safe to live in Afghanistan and my mother and father wanted a better life for their family. They drove and then walked all the way to Pakistan, my mother carried me. It was a hard time for my parents. They knew no one in Pakistan and left all their family and friends behind. All we had were the clothes we were wearing and a small bag of clothes. We found a place to stay and shared a room. My father found work and slowly saved enough money so we could get a place for our family.

My mother learnt to make this traditional Chai Tea from her friends and neighbours in Pakistan. They make it every morning and evening and for special occasions or when friends come to visit. During the holy month of Ramadan when we fast from sunrise to sunset, I feel like I have low energy at 2pm. By 4-5pm when I am cooking tea my energy is so low! We will break fast after prayer around 6pm with dates and then we will come together as a family to eat dinner. We will eat a meal of biryani, samosa, pakora, sweets like phirni and sheer khurma. And of course we will drink Chai Tea! When we have Eid, family and friends come visiting and I will make Chai to drink and lots of delicious food. We love to sit with Chai and talk and be with special friends and family. I learnt to make it from watching my Mother make it every day. My children have also learnt to make it from me. It is an important part of our family tradition.

I came to Katanning 7 years ago when I was 34 years old. In Pakistan the violence from the Taliban was very bad for Shia people. They really hate Shia people and it was not safe for us there. My mother wanted me to take my child to Australia for a better and safer life. She was unwell and passed away before we left. My child and I travelled a long way through Thailand and Malaysia and eventually went to Indonesia on a boat with just a small bag of clothes. We stayed in refugee camps for 4 years and during this time my father passed away. It was a very hard time for me and my child. Then we came to Australia and we moved to Katanning.

When I first came here I spoke very little English and stayed home every day. I was so lonely and everything was so hard with no English. An Afghan friend encouraged me to go to English class and I met Kerry. I felt so comfortable and happy to be there. I slowly learnt English, made new friends, got a drivers license and a job. Now I am so happy in Katanning. It is a small town but has many nice people and helpful people. I pray to God and give thanks for our life here in Katanning. I'm so happy we have good food, my children go to a good school, we have a nice home and a good life. I am so grateful. I like to make Chai for my friends in Katanning. It is so popular that friends ask me to come and make it when they have celebrations! I hope you enjoy our traditional Chai Tea with your friends when they come and visit.