

CULINARY HISTORIANS OF ANN ARBOR

Summer Participatory Meal

Food from the ‘Stans’

SUNDAY, July 13, 2025 – 4:00 to 7:00 p.m.

**Ladies’ Literary Club of Ypsilanti
218 North Washington Street
Ypsilanti, Michigan 48197**

“Food from the Stans” refers to the seven contiguous countries in Central Asia ending in the syllable “stan”: Afghanistan, Kazakhstan, Kyrgyzstan, Pakistan, Tajikistan, Turkmenistan and Uzbekistan. (The suffix “stan” is Persian and Urdu for “place of,” or “where one stands,” directly related to the English word “stand”.) The food is varied, colorful and tasty. Some areas, especially the mountainous ones, still feature meat, dairy, and preserved foods that reflect a nomadic heritage, while grain-growing lands gave rise to dishes of pasta noodles and stuffed flatbreads. Spicy rice pilafs became most elaborate in the cities of the classical Persian, Muslim, and Mughal eras. The region is traversed by the Silk Roads, a trade network that fostered cultural exchanges from about 200 BCE until the mid-1400s. Thus, while each of the seven countries has a distinctive culinary history of its own, the imprint of geography, commerce, and conquest has also left them with many shared features of culture and cuisine.



**Please bring a copy of your recipe and any other information
to help with Randy’s article for REPAST.**

\$5.00 per member, \$10 non-member partner

Table service and non-alcoholic beverages provided.

SORRY, NO ALCOHOL ALLOWED

RESERVATION PROCEDURE for
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Ypsilanti, Michigan 48197

>>> Email all relevant information to Phil Zaret at:

pmzaret@comcast.net

- I will enter your information into a spreadsheet, which you can access [with this link](#). You will be able to see what dishes others are bringing, so we can coordinate the meal.
- Fee for members is \$5 per person; fee for guests is \$10 per person.
- Please **bring a check or cash to the meal**. Make check out to “CHAA.” **If cash, place it in an envelope with your name on it.**
- Give check or cash to Phil or Barbara Zaret.
- Direct questions at any time to Phil Zaret, 734-665-2141 or e-mail (or call Jenny Taylor, caretaker, at 734-482-7615).

Please email this information:

1. Members’ Names
2. Guests’ Names
3. E-mail address(es)
4. Phone number(s)
5. Name of Dish(es)
6. Country of origin
7. Type of Dish or Dishes. For example: Appetizer, Entrée, Dessert, etc.
8. Source of recipe: Book title & publication info, website with URL, etc.
9. Please include recipes and any other information you have about your dish and/or bring it to the meal to help with Randy’s article for REPAST.
10. Let us know if you would like to help out with decorations or a centerpiece. We will contact you as the date approaches.

On page 3 are some suggested sources for recipes.

Some Online Recipe Sources: Food from the ‘Stans’

Afghanistan

<https://thespicespoon.com/category/ethnic-cuisine/afghan-recipes/>
<https://www.afghancultureunveiled.com/work>
<https://afghancooks.com/best-afghan-recipes-top-10/>
<https://www.youtube.com/playlist?list=PLrNlkGEocyC4zhXIVYOLmkAtyD5sUTSnL>
<http://www.afghankitchenrecipes.com/>

Kazakhstan

<https://boondockingrecipes.com/20-super-easy-kazakhstan-recipes/>
https://www.youtube.com/channel/UCISOQj_1ayDBlgdtp0QmotQ
<https://cookingcounty.top/kazakh-food/>
<https://travelfoodatlas.com/kazakhstan-food>

Kyrgyzstan

<https://boondockingrecipes.com/8-simple-kyrgyzstan-recipes-to-try/>
<https://www.kyrgyzchildrensfuture.org/kyrgyz-recipes/>
<https://travelbystove.blogspot.com/2014/10/recipes-from-kyrgyzstan.html>
<https://www.friendsofkyrgyzstan.org/cookbook/>

Pakistan

<https://fatimacooks.net/>
<https://untoldrecipesbynosheen.com/category/pakistani-recipes/>
<https://www.flourandspiceblog.com/category/pakistani/>
<https://thespicespoon.com/category/ethnic-cuisine/pakistani-recipes/>
<https://www.teaforturmeric.com/traditional-pakistani-dishes/>

Tajikistan

<https://boondockingrecipes.com/7-easy-tajikistan-recipes-for-your-kitchen/>

Turkmenistan

<https://dicedandspiced.com/category/recipe/region/turkmen/>
<https://boondockingrecipes.com/7-easy-turkmenistan-recipes/>

Uzbekistan

<https://boondockingrecipes.com/9-easy-uzbekistan-recipes-to-create-at-home/>
<https://www.ahlanwasahlan.co.uk/category/blog-food-recipe/uzbek-food-recipes/>
<https://cookpad.com/ke/search/uzbekistan>
<http://www.uzbekcuisine.com/meal.html>

Cookbooks

https://www.goodreads.com/list/show/180600.Best_Afghan_Cookbooks
<https://www.amazon.com/Ultimate-Kazakh-Cookbook-Kazakhstan-Cuisines-ebook/dp/B0BK1X8KSQ>
<https://www.amazon.com/Kyrgyzstan-Pantry-Traditional-Recipes-World/dp/B0CK3QR1Y7>
https://www.amazon.com/Cookbooks-Food-Wine-Pakistan-Books/s?rh=n%3A6%2Cp_28%3APakistan
https://www.amazon.com/Cookbooks-Food-Wine-Tajikistan-Books/s?rh=n%3A6%2Cp_28%3ATajikistan
<https://www.amazon.com/Traditional-Turkmenistani-Cookbook-Authentic-Turkmenistan/dp/B0D1527BMQ>
<https://www.amazon.com/Uzbek-Cooking-Hippocrene-International-Cookbooks/dp/0781806690>

Directions to the Ladies' Literary Club
218 N Washington St.
Ypsilanti, MI 48197

From I-94:

1. Take Exit 183 for Huron Street. Turn North toward Ypsilanti on Huron Street.
2. Drive about 1 mile on Huron Street. Turn left onto Pearl Street (the first left after crossing Michigan Avenue)
3. Take the first right onto N. Washington Street. The Ladies' Literary Club is on the right, at the SE corner of the second intersection.

From Washtenaw Avenue and US-23:

1. Go east on Washtenaw Avenue about 4 miles, to the Ypsilanti Water Tower.
4. Continue three blocks on Washtenaw Avenue. There is a stop sign at Hamilton Street (where M-17 south toward Michigan Avenue); continue STRAIGHT on Washtenaw, which becomes a two-way street. Take the second left, onto N. Washington Street. The Ladies' Literary Club is on the right, at the SE corner of the first intersection.

Parking: There are about 15 spaces adjoining the Ladies' Literary Club. Turn right onto Emmet Street. Park either on Emmet Street, or continue on and turn right into the parking lot behind the Club. There are also spaces available at the First Presbyterian Church Parking Lot (the Presbyterian Church is just across Emmet Street from the LLC; the parking lot is just north of the church off Washington Street).

