



# Unsettled



REEM FARUQI

**HARPER**

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Unsettled

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First Edition

# Family Tree

Nana ♥ Nana Abu  
(Grandmother) (Grandfather)

Dadi  
(Grandmother)

Ammi ♥ Baba

Nurah Haqq  
(Me!)

Owais Haqq  
(Big Brother)

\* By 2 years & 2 days

# Glossary

**alhamdulillah:** Praise be to God

**aloo kabab:** potato and ground beef mixed together and then dipped in egg yolk, coated in bread crumbs, and then fried to make a crispy patty

**assalamualaikum:** Muslim greeting for “peace be upon you”

**biryani:** spicy meat and rice cooked separately before being layered and cooked together

**Chacha:** Urdu word for paternal uncle, specifically father’s younger brother

**dadi:** paternal grandmother

**dal:** lentils

**dupatta:** a shawl-like scarf women in Pakistan wear over their shalwar kameez and worn over the kurta. It can be draped over the head or chest.

**ek:** Urdu word for *one*

**ghee:** clarified butter made from the milk of a buffalo or cow, used in South Asian cooking

**halal:** “permissible” in Arabic. For food, it typically means meat that is specially butchered with Islamic guidelines. For fish, the guidelines are more lenient, which is why Nurah gets fish fillets from McDonald’s.

**hijab:** headscarf Muslim women or girls may wear

**istikhara:** prayer recited by Muslims when in need of guidance on an issue in their life

**jaldi se:** Urdu words for *quickly*

**kajal:** powdery eyeliner that women wear in Pakistan

**khichri:** rice and lentils cooked together until soft. It is cooked extra soft for babies.

**kurta:** loose, flowy Pakistani top. Girls’ clothes are usually colorful.

**masjid:** Muslim place of worship

**mehndi:** henna paste that temporarily dyes hands, usually drawn on hands to celebrate events, but can also be put on for big moments, such as Nurah moving, in this case!

**motia:** tiny white flowers that appear at the start of summer and bloom joyously in shades of white. These flowers are often threaded together to form bracelets or necklaces in Karachi, Pakistan, and South Asia.

**namaz:** Urdu word for the obligatory Muslim prayers that occur five times a day. In Arabic, the word for prayer is Salah.

**nana:** maternal grandfather (Nurah calls her maternal grandmother Nana, though, since it was Owais's first word)

**nani:** maternal grandmother

**paratha:** delicious flatbread consisting of layers of cooked dough

**rupee:** Pakistani unit of money

**samosa:** a fried or baked pastry with a savory filling, such as spiced potatoes, onions, peas, meat, or lentils

**sari:** an outfit worn by South Asian women that is made of several yards of lightweight cloth. It's draped so that one end makes a skirt and the other is typically a shoulder covering.

**shalwars:** loose, flowy Pakistani pants

**Surah Al-Kahf:** the 18th chapter of the Quran. Al-Kahf means "The Cave."

**tasbih:** prayer beads

**wa-alaikum-as-salaam:** Muslim reply to *assalamualaikum*, meaning "peace be upon you too"

# Nurah's Aloo Kabab

## Lunch Recipe

### Ingredients:

- 6 medium potatoes
- 1 pound ground beef
- 1 teaspoon salt
- 1 teaspoon ground cumin
- 1 teaspoon ginger paste
- 1 teaspoon garlic paste
- ½ teaspoon ground coriander
- ½ teaspoon ground red pepper
- 2 eggs, beaten
- 1 cup bread crumbs
- Vegetable oil

1. Peel and boil the potatoes (aloo) until soft for approximately 25 minutes and mash separately.
2. Cook the ground beef until brown. To the beef add the salt, ground cumin, ginger, garlic, ground coriander, and red pepper.
3. Mix the mashed potatoes and browned ground beef evenly.
4. Shape the mixture into circular kabab shapes with your hands.

5. Dip kababs into the beaten egg.
6. Coat kababs with bread crumbs.
7. Shallow fry in medium-heat oil. Flip the kababs over to ensure they are golden brown on each side.\*  
Enjoy! They are delicious served with rice or naan bread.

**\*Tip:** Freeze the kababs first if you can for a couple of hours, as it makes frying easier and the kababs will be less likely to break apart.

**Storage:**

If you have any extra kababs, they can be stored in the freezer. They can be cooked quickly or jaldi se by shallow frying them in vegetable oil.