

PAKISTANI TRADITIONAL FOOD MAP

World's Biggest Halal Food Country



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Now! If someone ask you what to eat or cook today, just show this list of 211 Local Food of Pakistan and Thanks me Later. My goal is to see this map in every kitchen of Pakistan and in reach of tourists. We are also launching interactive map with full details of every food including recipes and list of best restaurants. Sorry to make your mouth water.

Assam Altaf
Cartographer &
Co-founder of Pakistan Atlas



GILGIT-BALTISTANI FOOD

8. Phitti (GB) - Hunza, Gilgit & Northern Areas
22. Diram Fitti - Hunza, Gilgit ballistan, Chitral
50. Cyaling or Go-Lee - Hunza Valley
99. Pamir Cuisine - Hunza Gilgit
100. Berckuzh / Chapshoro - Gilgit
107. Dowdo Soup - Hunza
146. Shopan / Joques - Hunza, Gilgit Baltistan

KASHMIRI FOOD

10. BakarKhani - Kashmir
73. Shab-Daig - Kashmir
90. Rogan Josh - Kashmir
91. Tud Tud Bhata (Kashmiri Fried Rice) - Kashmir
154. Gulabi Chai / Kashmiri Chai - Kashmir, Abbotabad
200. Modur Palao (Sweetened Kashmiri Rice) - Kashmir
147. Roth - Karachi

KHYBER PAKHTUNKHWA FOOD

14. Bolani - Peshawar
21. Goat Cheese - Kalash, Chitral
29. Karahi (Chicken, Mutton, Beef, Dumba) - Lahore, Karachi, Peshawar, Islamabad
35. Chapli Kabab - Peshawar
41. Namkeen Gosht - Northern and Western Areas of Pakistan, Peshawar
48. Kabuli Palao - Peshawar, KPK
83. Trout fish - Swat, Naran, Kaghan
109. Yakhni - Sindh, Punjab, Peshawar
125. Aush - Peshawar
126. Aushak - Peshawar
127. Mantu - Peshawar
130. Shurukut ulak (Walnut Bread) - Kalash
135. Samosa Aloo - Lahore, Islamabad, Karachi, Peshawar
139. Bhutta - Sindh, Punjab, Peshawar
140. Shakarkandi - Punjab, Peshawar
144. Dry Fruit - Swat, Quetta, FATA, Balochistan, Manserha
152. Qehwa - Peshawar, Quetta
153. Sabaz Chai - Peshawar, Quetta, Murree
158. Thandai / Sardai - KPK, Sindh, Punjab
202. Peshawari Ice Cream - Peshawar, Karachi

BALOCHISTANI FOOD

32. Saji - Balochistan, Lahore, Islamabad, Karachi
33. Dampukht - Peshawar, Balochistan
77. Macchli (Biryani, Curry) - Karachi, Lahore, Balochistan
94. Khaddi Kabab - Balochistan

PUNJABI FOOD

2. Bong Paye - Lahore
3. Siri Paye - Peshawar, Lahore
5. Halwa Puri - Lahore, Karachi.
11. Naan Khatai - Lahore
13. Anda Pratha - Rawalpindi, Murree, Karachi
15. Bun Sheermaal - Lahore, Karachi, Multan, Faisalabad
17. Safed Makhn (White Butter) - Punjab
19. Desi ghee - Androon Lahore, Gujranwala
20. Maal Pura - Lahore, Kasur
24. Meethi Lassi - Punjab
26. Palao - Rawalpindi, Multan
28. Tandoori Chargha - Peshawar, Karachi, Lahore
31. Hareesa - Punjab
34. Sarsun ka Saag & Makki ki Roti - Punjab
42. Kunna Gosht - Chiniot
45. Sultani Daal - Lahore, Jehlum
47. Chikar Cholay - Lahore
52. Pakora Kadhi - Punjab
54. Qeema Bhare Karelay - Punjab
55. Masalay Bhare Tinday - Punjab
62. Palak Gosht - Punjab
63. Arvi Gosht - Punjab
64. Kachnar Gosht - Punjab
66. Gurday Kapooray - Lahore
71. Murgh cholay - Lahore, Punjab
80. Chiray - Gujranwala
81. Teetar - Gujranwala
82. Batair - Gujranwala
84. Raho machli - Lahore
86. Raan roast - Lahore, Sahiwal
87. Tawa Piece - AndroonLahore
92. Ojri Curry - Punjab
104. Gol Gappay or Pani Puri - Karachi, Lahore
105. Dahi Bhalay - Sindh, Punjab
108. Pathore - Lahore
113. Aloo Bukhary ki Chutney - Punjab
114. Khubani ki Chutney - Punjab
120. Roghni Naan - Punjab
124. Basen wala Naan - Punjab
129. Basen ki Roti - Punjab
131. Katlama - Lahore
132. Andrasa (Meethay Pakory) - Kasur
134. Cream fruit Chaat - Karachi, Lahore
137. Namak Para - Sindh, Punjab
141. Ladu Peethi - Lahore
142. Ravri - Chakwal, Multan
149. Chikki Mraunda - Punjab
150. Gachak (Chikki) - Punjab, Sindh
157. Satu - Punjab, Sindh
160. Doodh Soda - Punjab
163. Rabri Doodh - Lahore, Jehlum, Rawalpindi
169. Khoya khajoor - Punjab
170. Imli Aloo Bukhara Sharbat - Rawalpindi, Lahore
171. Kulfa Falooda - Kasur
174. Khoya Kulfi - Multan
175. Gajrela - Punjab
177. Sohan Halwa - Multan, Dera Ismail Khan
179. Sujhi ka Halwa - Punjab, Sindh
181. Pathay ka Halwa - Punjab
182. Habshi Halwa - Multan
184. Gurdh waly Chawal - Punjab
186. Ghulab Jamun - Sheikhpura
188. Barfi - Chakwal
191. Jaleebi - Punjab
194. Murabba - Punjab
195. Balo shahi - Punjab
201. Mutanjan - Punjab
204. Gatta candy - Punjab
205. Patisa - Gujranwala
211. Shakar Pary - Punjab

SINDHI FOOD

4. Nihari - Lahore, Karachi.
6. Paratha (Aloo, Cheese, Keema, Chicken, Veg, Moli, Plain)
12. Warqi (Layered Paratha) - Karachi
27. Biryani (chicken, Beef, mutton, Nalli) - Karachi, Hyderabad
30. Haleem - Lahore, Karachi, Hyderabad, Rawalpindi
37. Bihari Kabab - Karachi, Lahore, Gujranwala, Islamabad
40. Kata Kat - Karachi, Lahore
49. Qorma (Chicken, Beef, Mutton) - Karachi
58. Kofta (Meat Balls) - Sindh, Punjab
59. Nargisi Kofta - Karachi, Sindh
61. Pasanday - Karachi, Hyderabad, Punjab
65. Aloo ki Tarkari - Sindh
68. Baingan ka Bharta - Sindh, Punjab
69. Chaanp - Karachi, Lahore, Peshawar
70. Murgh-e-Musalam - Karachi, Hyderabad, Lahore
72. Rizala - Karachi
74. Tahri - Karachi
75. Zamin Doz Machhli - Karachi
78. Prawns masala (Curry, Biryani, Fried) - Karachi, Gwadar
79. Crab Claw - Lollipops - Karachi - Gawadar
85. Paplet fish fry - Karachi
88. Pratha Rolls - Karachi
89. Dalcha (Daal gosht) - Karachi
93. Mircho ka Salan - Hyderabad, Karachi
95. Achari Gosht - Hyderabad
97. Dhaagy wale kabab - Karachi
101. Shami kabab - Karachi, Hyderabad, Lahore, Jehlum
102. Bun kabab - Karachi
103. Anday wala burger - Karachi
106. Dahi Phullki - Sindh, Punjab
110. Achaar (Lemon, Mango, Carrot, Chilli, Garlic, Mix) - Hyderabad
115. Imli ki Chutney - Sindh, Punjab
116. Tamatar ki Chutney - Karachi, Hyderabad
118. Papar - Karachi, Hyderabad, Lahore, Islamabad
119. Romali Roti - Karachi
123. Taftan - Sindh, Punjab
128. Lukhmi - Hyderabad, Karachi
133. Channa Chaat - Karachi, Lahore
136. Kachori with aloo ki bhujija - Karachi
138. Nimco - Karachi
148. Meethi Tikkiyan - Karachi, Lahore
161. Lemon Soda - Karachi, Hyderabad, Islamabad, Rawalpindi
162. Neemu Pani / Squen/been - Karachi
164. Zeera Sharbat - Karachi, Sindh
165. Tarbooz e Afza - Karachi
166. Falsa Juice - Karachi
167. Badam ka Sharbat - Karachi
172. Kheer - Lahore, Karachi
176. Gajar ka Halwa - Karachi
178. Luki ka Halwa - Karachi
183. Zarda - Karachi
185. Gola Ganda - Karachi, Hyderabad, Lahore
187. Cham Cham - Karachi, Lahore
189. Ladu - Karachi
190. Kalakand - Karachi, Hyderabad
192. RasGulla - Karachi
193. Rus Malai - Sindh, Punjab
197. Shahi Tukray - Karachi
198. Gil-e-firdus - Hyderabad, Karachi
199. Metha Paan - Karachi
203. Pan Ice Cream - Karachi
206. Pan Pera - Karachi
207. Imartis - Karachi
208. Khopra Pak - Karachi
209. Lab-e-Shireen - Karachi
210. Meethi Seviyan - Karachi

COMMON PAKISTANI TRADITIONAL FOOD

1. Chai
7. Twist Puff Pastry
9. Pheniyani
16. Khalis Dahi
18. Anda Ghotala
23. Sheermaal
25. Kachi Lassi
36. Seekh Kabab

38. Kaleji Kabab
39. Tikka Boti
43. Tarka Daal
44. Daal Mash
46. Daal Chawal
51. Brain Masala
53. Aloo Gosht
56. Chicken Makhni

57. Chicken Mughlai
60. Bhandi Masala
67. Qeema
76. Ghiya Kadu
96. Khichidi
98. Gola Kabab
111. Loki ka Raita
112. Raita

117. Hari Chutney
121. Tandoori Roti
122. Kulcha
143. Lukum Dany
145. Pakoray
151. Kadak Chai
155. Soup
156. Doodh Patti

159. Ganay ki Roh
168. Shakes (All flavor)
173. Phirni
180. Daal ka Halwa
196. Sheer Khurma

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