

KHYBER PAKHTUNKHWA INVENTORY ON THE INTANGIBLE CULTURAL HERITAGE

Name of the Element: Ja'un (Walnut Bread): The preparation of walnut bread and its role in Kalasha rituals

Brief Description: The Traditional Ja'un is made from a mixture of crushed walnuts and salt is used as a filling in wheat flour and water dough. The ingredients for the filling are mixed separately and then added to a carefully shaped cone like dough ball cavity. The cavity once filled with the mixture is shaped like a round, thick, stuffed roti. This is now placed on top of a wood fired rectangular shaped iron stove - approximately 1 ½ feet wide and 3 feet long. The top of the stove acts as an iron skillet and the bread is flipped over every few minutes till it turns golden brown. The Ja'un is completed inside the over where it is baked for a further few minutes. The filling mix of the walnut bread has variations. The walnut and salt filling bread is made by the Khowar and Kalash community of the area. Variations to the mixture include additions of a spice mix containing walnut, salt, onion, red chilli powder, green chilli, ginger, garlic and coriander powder. Another variation includes the addition of beef or lamb meat as a filling. The latter two types of bread are only made by the Kalasha community. Rituals such as Gosh'nik (male and female initiations), Ghona Chanja - The night during the Chawmoss festival when members of the Kalasha community go to the Indrein alter in Batrik village, and Kagayak - when an offering of meat walnut bread is given to a white crow to attain good fortunes are among the few times walnut bread plays a prominent role in Kalasha life.