

KHYBER PAKHTUNKHWA INVENTORY ON THE INTANGIBLE CULTURAL HERITAGE

Name of the Element: Jush: Culinary knowledge related to the preparation of a meat based stew/soup. The soup is called Jush in Chitrali language and Kahaie in Kalashamon.

Brief Description: Meat and bones from an entire goat are placed in a large pot of water and boiled till the meat separates from the bones and the bones sink to the bottom of the pot. At this point the bones are removed from the pot and flour is steadily added to the soup to thicken it, whilst rigorously being stirred. Wheat and maize flour is added for the previously mentioned purpose. The pot is left uncovered to help reduce it. Salt is added to season. The soup is traditionally eaten with Roti or flat bread.

When made in large quantities meant for the consumption of the entire community, the soup require a stronger man to help stir the soup rigorously as the flour is added to it. Usually the strongest man in the community is asked to aid in the stirring process, even if the rest of the soup was cooked by someone else.