

FOOD CLASS: WINTER COMFORT FOOD FROM PAKISTAN

October 7, 2025



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By William Doran

Join us with Guest Chef **Hamza Iqbal** to make **Home-Style Haleem** and **Kashmiri Chai** on **Wednesday, Oct. 22, at 7:30 p.m. EDT** as part of the Coop's monthly cooking series. The class will be streamed online via Zoom. Haleem is a warming dish with three kinds of lentils and Kashmiri Chai is made with green tea. Hamza will teach us why it turns pink!



ABOUT THE CHEF

Hamza Iqbal is excited to share two favorite winter recipes from childhood in Pakistan. Both of them are reminiscent of foggy, misty winters in Lahore that are rather mild and allow for cozy community gatherings over food and drink.

RSVP, Participate and Follow

Sign up for classes, download recipes and find shopping lists to cook along from home at **foodcoopcooks.org**. As classes are added, they will show up on the Squad's home page. Check back regularly for updates! Follow the Cooking Squad on Instagram at **instagram.com/foodcoopcooks** for more content including shopping sessions with guest chefs!

TEACH A CLASS

Though cooperation is at the heart of the Coop's mission, so is food! The Cooking Committee is looking for guest chefs to share their food expertise, traditions, and spe-

cial treats. Members receive FTOP credit for preparing and delivering classes. Tell us what you want to teach at **foodcoopcooks.org/contact**.