



# News Letter

## High Commission of Pakistan

### Sri Lanka



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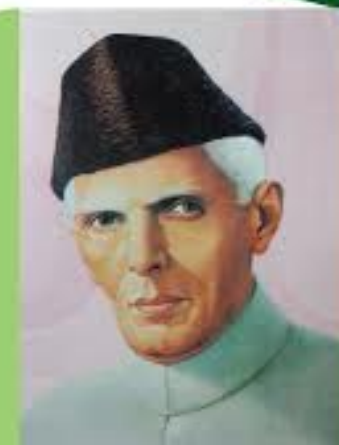
### Political and Economic Relations

#### Prime Minister Nawaz Sharif meets Sri Lankan President Maithripala Sirisena



At the invitation of President Mamnoon Hussain and Prime Minister Nawaz Sharif, President Maithripala Sirisena paid a State visit to Pakistan from 5th to 7th April 2015. This is the first visit by President Sirisena to Pakistan since his election in January, 2015. Prime Minister Nawaz Sharif received President Maithripala Sirisena on arrival at the Noor Khan Air base, Chaklala, Islamabad. The reception on arrival included a 21-Gun Salute. Welcoming Mr. Sirisena on his first visit to Pakistan, the Prime Minister said Pakistan attaches great importance to its relations with Sri Lanka which are most cordial and friendly. There is immense goodwill in Pakistan for Sri Lanka which should permit us to develop even more close and cooperative relations in all fields including political, economic and defense, he said. The Prime

Minister said the present volume of trade (US \$ 438 million) between the two countries does not reflect the true potential and both sides should make efforts to take bilateral trade to US\$ 1 billion within the next few years. The President of Sri Lanka said that both countries have been friends of adversities since last six decades. Sri Lankan President, Maithripala Sirisena said Pakistan and Sri Lanka have ancient links between their peoples and we need to further enhance tourism and people-to-people contact. The President said the two countries draw strength and inspiration from the warmth of their engagement and the depth of understanding that this visit has generated for charting a more dynamic course in their relationship. He expressed his gratitude to Pakistan for extending assistance to the country under various assistance programs. Mr. Sirisena also invited the Prime Minister to undertake a visit to Sri Lanka at his convenience.



**"You are free; you are free to go to your temples. You are free to go to your mosques or to any other places of worship in this State of Pakistan. You may belong to any religion, caste or creed—that has nothing to do with the business of the State"**

**Quaid-e-Azam  
Muhammad Ali Jinnah**



## Pakistan and Sri Lanka keen to enhance bilateral cooperation



High Commissioner of Pakistan in Sri Lanka met Foreign Minister Mangala Samaraweera to discuss range of issues encompassing entire spectrum of bilateral relations, including ways and means of sustaining and further building momentum in bilateral cooperation. The High Commissioner also delivered the message of felicitations from Advisor to the Prime Minister of Pakistan on National Security and Foreign Policy Mr. Sartaj Aziz to the Foreign Minister on his assumption of office. Minister Mangala Samaraweera expressed his deep appreciation for Pakistan's continued and steadfast support to Sri Lanka and assured that Sri Lanka is committed to enhancing its mutually beneficial relationship with Pakistan. H.E Qureshi and Minister Samaraweera reaffirmed their shared commitment to expanding and deepening bilateral economic, trade and investment cooperation.

## Sri Lanka committed to further strengthen relationship with Pakistan: PM Wickramasinghe



The Former High Commissioner of Pakistan Maj Gen (R) Qasim Qureshi called on Prime Minister Ranil Wickramasinghe at Temple Trees on 19 January 2015. The Prime Minister and the High Commissioner exchanged

views on further promoting bilateral ties between the two countries. H.E Qasim Qureshi congratulated the Prime Minister upon assumption of office and expressed the hope that the relationship between Pakistan and Sri Lanka would continue to prosper and grow stronger under the new government. The High Commissioner also thanked the Prime Minister for personally visiting the High Commission to record his condolences for the victims of recent terrorist attack in Peshawar. Prime Minister Ranil Wickramasinghe said that he was committed to further strengthen the already strong relationship between the two countries.

## Pakistani Students in Sri Lanka on Student Exchange Programme



A 13 member student delegation along with their teachers from Centre for Advance Studies (C.A.S) Karachi visited Sri Lanka under a Student Exchange Programme with Ladies College Colombo and St. Thomas College, Mount Lavinia. The Student Exchange Programme between the partnering institutes is continuing for several years and the current visit was preceded by the visit of the student's delegation from Ladies College Colombo to Pakistan. Under the Programme, the students stayd with their host families in respective countries to familiarize themselves with the culture and way of life of the host country. The students along with their Sri Lankan hosts visited Pakistan High Commission on 16th February 2015, for a briefing.



## International Seminar on Historical, Economic, Military and Cultural Links between Pakistan and Sri Lanka



The High Commission of Pakistan in collaboration with Society of Civilizations Pakistan (SOC) organized an International Seminar on Pakistan and Sri Lanka Historical, Economic, Military and Cultural Links in

Colombo, yesterday. The Leader of Sri Lankan Muslim Congress and Minister for Urban Development, Water Supply and Drainage Rauff Hakeem was the Chief Guest on the occasion. Several Prominent scholars from the two countries participated in the seminar and shared their in-depth analysis on the subject. The panelist included Ven Prof Gallele Sumanasiri Thero, Vice Chancellor, Buddhist and Pali University, Ven. Prof Vimalarante Thero, Head, Dept of Economic, University of Colombo, Dr. Saman Kelegama, Executive Director, Institute of Policy Studies, Colombo, Dr Abdul Basit, Patron SOC and chancellor of Preston University Mr Sarfaraz Ahmad Khan Sipra the Deputy High Commissioner of Pakistan and Dr. Muhammad Tahir Saleem, Life Member SOC. Papers were also read on behalf of Lt. Gen. (R) Ayaz Ahmad, Life Member SOC, Muhammad Aslam Khokhar, and Dr. Tanvir Anjum. The Buddhist and Pali University signed separate MoUs with Preston University and society of culture.

## Sri Lankans express solidarity with Kashmiris and urge early resolution of the dispute in accordance with UN Resolutions



A seminar titled "**Kashmir Dispute in the Regional Perspective**" was held in Colombo on February 05, 2015, to express support for the Kashmiri people on the occasion of Kashmir Solidarity Day. The event was attended by a large number of participants including diplomats, members of academia, dignitaries, Pakistani community based in Sri Lanka and a large contingent of media personnel. Prominent scholars including Mr. Jamal-ud-Din Chairman Kashmir Study Group, Ms. Ramla Wahab from Lakshman Kadirgamer Institute for International Relations and Strategic Studies, Senior analyst Mr. Ameen Izzadeen, expressed their views and participated in the panel discussion. The speeches delivered by the eminent speakers underline that lasting peace in the world especially in the South Asian Region cannot be guaranteed unless Kashmir Issue is resolved in accordance with the wishes of Kashmiri people and the United Nations resolutions of 1948 and 1949.

## Pakistan Naval Ships in Sri Lanka on a Goodwill visit



Pakistan Navy Ship Zulfikar arrived at the port of Trincomalee on 3rd March 2015 on a four days goodwill visit. This port call is part of strong multifaceted relationship and engagement between the defense establishments of two countries. Pakistan Navy Ship Zulfikar is the pioneer

ship of the sword Class, F-22P Frigate Project. The steel cuttings of the ship was held on 10th October 2006. The keel of the ship was laid on 24 July 2007 and subsequently launched on 7th April 2008 for sea trials. The ship is fitted with state of the art weapons and sensors and carries a Z9EC helicopter. The F-22P Project encompassed construction of 3 frigates in China while the fourth one was constructed at Karachi Shipyard. A number of activities of mutual interest are planned between the two navies during the visit, including a reception on PNS Zulfikar on 4th March 2015 and a joint exercise on 6th March 2015.



## Master Quiz Competition 2015



The Sri Lanka Pakistan Friendship Association (SLPAFA) in collaboration with the High Commission of Pakistan in Sri Lanka organized a fun-filled Fund Raising Friendship Master Quiz Competition on 21st March 2015. The event featured an exciting and interesting Master Quiz Competition in which participants contested as teams. The questions in the Master Quiz Competition were related to Sri Lanka, Pakistan, World Affairs, General Knowledge, Science & Technology and Sports among other topics. At the conclusion of the event the chief guest distributed prizes to the top 3 scoring teams. The proceeds from the event will be channeled towards various welfare projects of the Sri Lanka Pakistan Friendship Association.

## Pak - Lanka Friendship Firmly Standing on Pillars of Mutual Trust, Respect: HE Sipra



The Acting High Commissioner of the Islamic Republic of Pakistan in Sri Lanka, Dr. Sarfraz Ahmed Khan Sipra said that the brotherly and time tested relationship between Pakistan and Sri Lanka are firmly standing on the pillars of mutual trust, respect and desire to promote friendship. The Acting High Commissioner said this while delivering his message on the occasion of the National Day of Pakistan. The day was marked by celebrations organized by the High Commission of Pakistan. Dr. Sipra said that the Government of Pakistan is actively engaged with all neighboring countries in an effort to create a peaceful neighborhood and at the same time intensifying economic engagement with all friendly countries. On Pakistan-Sri Lanka relations, he explained that both sides have intensified political engagement and undertaken substantive measures to further deepen and broaden the economic relationship including refining the Free Trade Agreement, expanding the portfolio of tradeable items and encouraging bilateral investment. This relationship is independent of any compulsions.

## 2nd Edition of Pakistan Golf Tournament



The second edition of Pakistan Golf Tournament was held at Royal Golf Club Colombo on 28th February 2015 in which prominent Sri Lankan golfers and members of the diplomatic community took part. It was an 18-hole tournament in which players competed for exciting prizes, both in Gentlemen and Ladies categories. The Golf dinner and prize giving ceremony for the tournament was held on the same evening. The High Commissioner of Pakistan in Sri Lanka HE Maj Gen (R) Qasim Qureshi gave away the prizes. The winner in ladies category was Ms. Roshani Sangani while the runner up was Ms. Louise Parson. In the men's category, the winner was the Ambassador of Myanmar H.E. Min Thein Zan, while the runner up prize was won by Mr. Duminda Fernando of Sri Lankan Airlines.

## Pakistan's National Day Celebrations



A colorful reception was hosted to mark the Pakistan National Day in Colombo under the patronage of Pakistan High Commission. Finance Minister Ravi Karunanayake was the Chief Guest. During the occasion, the Acting High Commissioner, Dr. Sarfraz Ahmed Khan Sipra and the Minister for Finance, Mr. Ravi Karunanayake, jointly cut Pakistan Sri Lanka friendship cake.

The reception was attended by an array of important political personalities of Sri Lanka including the Deputy Speaker of Sri Lankan Parliament, Mr. Chaminda Weerakody, Minister for Health, Dr. Rajitha Senaratna, Minister for Commerce and Industry, Mr. Rishad Bathiudeen, Minister for Urban Development, Mr. Rauff Hakeem, Minister for Disaster Management, Mr. A.H.M. Fowzie, Minister for Justice, Mr.



Wijedasa Rajapaksa, Minister for Home Affairs, Mr. Joseph Michael Perera, Minister for Plantations, Mr. Lakshman Kiriella, State Minister for Child Affairs, Ms. Rosy Senenayake, Leader of the Opposition, Mr. Nimal Siripala de Silva, many members of Parliament and Governor Central Bank of Sri Lanka, Mr. Arjuna Mahendran.

### Pakistan Donates Fully Equipped IT Lab to Sri Saddarmodaya Maha Vidyala School



The Government of Pakistan has donated a fully equipped IT Lab which comprises of 08 computers, related equipment and furniture to Sri Saddarmodaya Maha Vidyala School Colombo on May 08, 2015.

The Acting High Commissioner, Dr. Sarfraz Ahmed Khan Sipra inaugurated the IT Lab along with Sri Lankan Minister for Disaster Management Mr. A.H.M. Fowzie and former Minister of Technology and Research Professor Tissa Vitharana. In his brief remarks during the ceremony, the Acting High commissioner emphasized the importance of collaboration between the two brotherly countries for the uplift of the people. He reiterated Pakistan's continued support to Sri Lanka in enhancing younger generation's nation building capacities with better educational opportunities. Minister A.H.M. Fowzie praised the Government of Pakistan for its generous assistance to Sri Lanka. He said that Pakistan is a close friend of Sri Lanka and has helped Sri Lanka in times of crises.

### Sri Lankan President Thanks Pakistan for Support to End Terrorism



President Maithripala Sirisena said that the government as well as the entire Sri Lankan nation is grateful to Pakistan for the enormous assistance provided to Sri Lanka to defeat terrorists. "Sri Lanka today stands as a peaceful unitary State because of your support," he told the new High Commissioner of Pakistan to Sri Lanka, Maj Gen (Rtd.) Syed Shakeel Hussain, when he presented his credentials at the Presidential Secretariat. The President also expressed his gratitude to Pakistan for the support extended at the international forums in general

and at the UNHRC in particular. "Your Ambassador in Geneva fought for us as if he was fighting for his own country," President Maithripala said. The Ambassador requested Sri Lanka to provide archaeological expertise to Pakistan for the excavation and development of Buddhist sites such as Taxilla which President Sirisena readily acceded.

### Sri Lanka Pakistan Friendship Sports Gala 2015



The Sri Lanka Pakistan Friendship Association, in collaboration with Pakistan High Commission organized the 2015 Sports Gala on Sunday, 10th May, 2015. The

Acting High Commissioner of Pakistan Dr. Sarfraz Ahmed Khan Sipra was the chief guest on the occasion. President of the Sri Lanka Pakistan Friendship Association Mr Iftikhar Aziz received the guests and delivered his welcome address. Speaking on the occasion, the Acting High Commissioner stressed the importance of sporting interactions to advance excellent relations between the two countries. He commended the Association's efforts in promoting fraternal relations between Pakistan and Sri Lanka. Pakistan 'A' cricket team which was visiting Sri Lanka to play a series with Sri Lanka 'A' cricket team, also visited the Sports Gala 2015 along with Manager and coach to watch the activities.

### The newly appointed High Commissioner called on PM of Pakistan



The newly appointed High Commissioner to Sri Lanka Major General (R) Shakeel Hussain called on Pakistani PM Muhammad Nawaz Sharif in Islamabad. During the meeting, the Prime Minister said that Pakistan's economic ties and trade linkages with Sri Lanka must be further strengthened for the benefit of the people of both the countries.

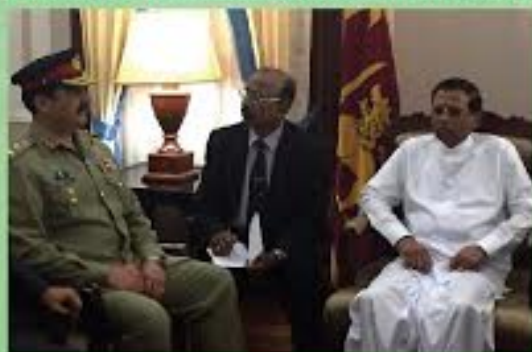


## Pak Sri Lanka Friendship has Centuries old Civilizational Roots: Pak Envoy



A group of 19 Cadets of the Sri Lankan National Cadet Corps hailing from all over the Island visited Pakistan from 24 to 31 May 2015 on a bilateral exchange visit. The group was headed by Major General Raja Guru that also included 3 officers of the Sri Lankan Army. The delegation had a pre-departure call on the High Commissioner of Pakistan in Sri Lanka Major General (R) Syed Shakeel Hussain at the High Commission of Pakistan. While, briefing the delegation, the High Commissioner highlighted that Pakistan and Sri Lanka continue to enjoy extremely cordial relations in all spheres, since establishment of diplomatic relations between the two countries. These deep rooted relations draw strength from centuries old civilizational link through our shared rich heritage, which is preserved by the people and government of Pakistan with due reverence, he added.

## Pakistan played substantial role in consolidating integrity of Sri Lanka: President Maithripala



General Raheel Sharif, Chief of Army Staff (COAS) who was on a 3 day official visit to Sri Lanka held extensive meetings with civil and military leadership of Sri Lanka. COAS called on HE Maithripala Sirisena, President of Sri Lanka in Colombo. During his meeting

with COAS, President Maithripala thanked the people and armed forces of Pakistan for their unwavering support in their fight against terrorism, and partnering them in regional and bilateral security. Pakistan had played a substantial role in helping consolidate the integrity of Sri Lanka, he said. President Maithripala Sirisena termed General Raheel Sharif's visit very significant for further strengthening already existing strong relationship between the two army forces. President of Sri Lanka appreciated Pakistan army's momentous achievements in ongoing Operation Zarb-e-Azb and sacrifices for regional peace and stability.

## Welcoming Pakistan High Commissioner



The Pakistan High Commission in Sri Lanka hosted a reception to welcome the new High Commissioner of Pakistan to Sri Lanka Major General (R) Syed Shakeel Hussain. Ambassadors, High Commissioners, Ministers, important dignitaries and media were there to meet him at the event held in Colombo.



## Pakistan will continue to support Sri Lankan Youth's nation building capacities: HE Shakeel Hussain



The High Commissioner of Pakistan in Sri Lanka Maj General @ Shakeel Hussain reiterated Pakistan's continued support to Sri Lanka in

enhancing younger generation's nation building capacities with better educational opportunities. He was speaking on the occasion of award of educational scholarships worth SL Rs. 3.67 Million to 154 bright Sri Lankan students of O/L and A/L under Jinnah Educational Scholarship Programme of the Government of Pakistan. Minister for Higher Education and Research Professor Sarath Amunugama was the Chief Guest on the occasion, while Guests of honours included Minister for Disaster Management A.H.M Fowzie, Former Parliamentarians, members of Pakistan Sri Lanka Parliamentary Group, Senior government officials and Vice Chancellors of the leading universities.

## High Commission hosts reception for Pakistan team in Colombo



The High Commissioner of Pakistan in Sri Lanka Major General (Retd) Syed Shakeel Hussain hosted a banquet to welcome Pakistan cricket team in Colombo. The team visited the island nation to play three Tests, five ODIs and two T20s with their Sri Lankan counterparts. The players of the Pakistani Test squad, team management, coaches as well as Senior Officers of the Pakistan High Commission attended the reception.

## Sri Lanka-Pakistan Friendship Ramazan Bazaar



The Sri Lanka-Pakistan Friendship Association in collaboration with the High Commission of Pakistan conducted its 3rd Ramazan and Eid Trade Bazaar on 27 June 2015 at the Dutch Burger Union in Colombo 04. The High Commissioner of Pakistan in Sri Lanka Maj Gen @ Syed Shakeel Hussain was the chief guest on the occasion. The Sri Lanka-Pakistan Friendship Association is continuing its drive to enhance people-to-people contact and bilateral trade connectivity between the two friendly countries.



## News from Pakistan

### Chinese President Xi Jinping visits Pakistan



At the invitation of President Mamnoon Hussain and Prime Minister Muhammad Nawaz Sharif of the Islamic Republic of Pakistan, President Xi Jinping of the People's Republic of China visited Pakistan from 20 to 21 April 2015. During the visit, President Xi Jinping met

with President Mamnoon Hussain, Prime Minister Muhammad Nawaz Sharif, leaders of the Senate, the National Assembly, the Armed forces and political parties of Pakistan; and also engaged with people from a wide spectrum of the society. The two sides highly appreciate the progress to make China-Pakistan Economic Corridor (CPEC) an important project of "the Belt and Road". Pakistan also welcomed the creation of Silk Road Fund by China and its utilization for CPEC-related projects. The Pakistan side also firmly supported and would actively take part in the building of "the Belt and Road". Silk Road Fund has become stockholders of China Three Gorges South Asia Investment Limited Company, and will join hands with it to invest in clean energy projects such as Karot Hydropower Station, which is the first investment project of Silk Road Fund since its establishment. Silk Road Fund is willing to actively seize opportunities to invest in and provide financing for other projects under the framework of CPEC. The two sides believed that the Silk Road Economic Belt and the 21st Century Maritime Silk Road initiatives represent a new model of regional and South-South cooperation, which will offer new opportunities for Asia's rejuvenation and the common prosperity of all countries.

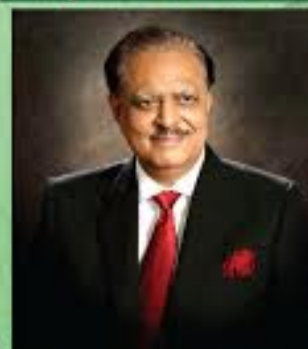
### Imprudent Indian statements threatened peace and stability in Region: Nawaz Sharif



Prime Minister Nawaz Sharif has categorically stated that Pakistan will protect its vital interests at all costs. Addressing Envoys Conference in Islamabad, he said this should be taken as a loud and clear message. The Prime Minister said entire Pakistani nation was dismayed over

recent irresponsible and imprudent statements from the Indian political leadership. These statements have vitiated atmosphere and took us further away from our goal of regional peace and stability. The Prime Minister said Pakistan will protect its interest but at the same time we will not abandon our high moral grounds in the face of provocations. We will not abandon the quest for peaceful neighbourhood but there should be reciprocity and acknowledgement of the overtures Pakistan has made to promote the dialogue process. Nawaz Sharif said the issue of Jammu and Kashmir cannot be relegated to the backburner of history. Prime Minister pointed out that during his meeting with the UN Secretary General in Dushanbe, he urged him to play a proactive role in promoting peace in the region. The Prime Minister said he also reminded him that it was incumbent on the UN Security Council to ensure early implementation of its resolutions on Jammu and Kashmir.

### Government giving priority to strengthen economy, improve law & order. President



President Mamnoon Hussain said the government was giving top priority to strengthen economy, and improve law and order situation in the country. He expressed the optimism that the country would be on the track of prosperity and development when the Pakistan Muslim League-Nawaz government completed its five-year term. The President, while talking to the representatives of electronic media, said the present government



was not responsible for the persisting social and economic conditions. However, it was now its duty to bring about improvement and development in the country. He said the Federal Government had the resolve to restore peace and ensure security in Karachi. The targeted operation by the law enforcing agencies would continue till the objective was achieved, he added. President Mamnoon did not rule out the operation against Taliban in case of failure of the peace dialogue. The country could not further afford lawlessness and terrorism, he added. "We all should pray for the success of dialogue between the government and Taliban," he said. He said the objective of the surgical airstrikes in certain areas of Federally Administered Tribal Areas (FATA) was to make Taliban realise that the government could go to any extent for establishing its writ and rule of law in the country.

### Pakistan a lucrative destination for investment : Bloomberg



The Washington based international financial monitoring institution Bloomberg News has acknowledged Pakistan's expanding economy. In a report, it said that cheapest borrowing costs have made the country as a lucrative destination for investment. It said in Pakistan's commercial hub of Karachi, at least half a dozen commercial

projects are springing up and major companies are investing in constructions. The report noted that Prime Minister Nawaz Sharif is boosting spending on infrastructure. The country's borrowing rates are also among the cheapest, encouraging businessmen to boost investment. The benchmark KSE 100 stock index has advanced about 16 percent in the past 12 months, featuring among the world's top 10 performers.

### Pakistan successfully test fires Shaheen-III missile



Pakistan conducted a successful test launch of Shaheen-III Surface to Surface Ballistic Missile, capable of carrying nuclear and conventional warheads to a range of 2750 Kms. The test launch was aimed at validating various design and technical parameters of the weapon system at maximum range. The successful launch with its impact point in the Arabian Sea was witnessed by senior officers from Strategic Plans Division, strategic forces, scientists and engineers of strategic organizations.

### Pakistan conducts successful flight test of Cruise Missile Ra'ad



Pakistan conducted a successful flight test of the indigenously developed Air Launched Cruise Missile (ALCM) "Ra'ad. The Ra'ad missile, with a range of 350 km, enables Pakistan to achieve Strategic Standoff Capability on land and at sea. "Cruise Technology" is extremely complex and has been developed by only a few countries in the world. The state of the art Ra'ad Cruise Missile with Stealth Capabilities is a Low Altitude, Terrain Hugging Missile with high maneuverability; can deliver nuclear and conventional warheads within point accuracy. Strategic Plans Division Director General Lt Gen Zubair Mahmood Hayat, while congratulating the scientists and engineers on achieving yet another milestone of historic significance, termed it a major step towards strengthening Pakistan's full spectrum credible minimum deterrence.



## Interesting Destinations of Pakistan

### Takht-i-Bhai: A Buddhist monastery in Pakistan



The ostentatious structure and imposing relics of the Buddhist monastery Takht-i-Bhai (Throne of Origins) has captivated a large number of locals and tourists who have flocked to see the ancient site which dates back to early 1st century AD. Listed in the World Heritage List, it is considered one of the most well-structured Buddhist monasteries in Gandhara district. It is perched about 500 feet atop a small hill, about 2 kilometers east of the Takht Bhai bazaar in Mardan district of Khyber Pakhtunkhwa (KP), once known as the heart of the Gandhara civilization, which attracts tourists, historians, archaeologists and Buddhists from across the world. (Down)

### Ranikot Fort



Ranikot Fort also known as 'The Great wall of Sindh' is thought to be the world's largest fort. Who constructed it first and why? This is an enigma yet to be resolved by the researchers. Some historians attribute it to Arabs, others to Greeks and some even go as far as relating it to the Romans and to those who built the Great Wall of China. Though the prehistoric site of Amri is nearby, and fossils and animal skeletons are found inside the fort on the Lundi Hills, there is no trace of any old city inside the fort. The present structure doesn't appear to be 'prehistoric'. Some historians point to 17th century AD as its time of first construction but most agree that the present structure was constructed or reconstructed by Mir Karam Ali Khan Talpur at the initial cost of twelve thousand rupees in 1812 AD. "The size of Ranikot defies all reasons. It stands in the middle of nowhere, defending nothing," writes Isobel Shaw. Ranikot, with a circumference of about 26 km, is the largest fort in the world.



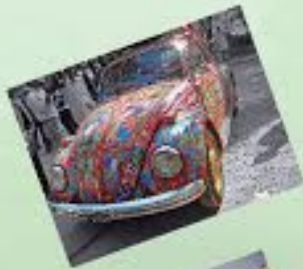
## The Cuisine of Pakistan



The Cuisine of Pakistan is as rich and diverse as the culture, topography and the people of Pakistan. The cuisine, steeped in history, boasts one of the oldest civilizations of the world, the Indus Valley Civilization that was inhabited by Dravidians. It is the history of the land of Pakistan that maps the journey of its cuisine the best. The influence and ingredients of the Central Asian, Turkish, Persian, Arab cuisine can be traced back in time, that blended with the local cuisine, to develop into a distinct culinary delight.

The Pakistani people enjoy meat that forms a major part of the food is because of the Central Asian roots and the direct influences of the regions that surround Pakistan as well as the races of people that inhabit the regions. The vegetables are cooked simply to retain the taste and nutrition, while no meal is complete without rice dish and nan/rotti (wheat bread). Pakistani food is alive with aromas from spices such as cinnamon, cardamom, star anise, mace that combine with browned onions, tomatoes and yoghurt – to cook under 'dum' (under steam) or 'bhuna' (stir fried). The contemporary cuisine of Pakistan has incorporated oriental and continental elements as well to cater to the more discerning palate.





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Pakistan High Commission Colombo  
EP Wing Pakistan Colombo



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