

Buffalo Without Borders TO GO!

COUNTRY CULTURE PACKET

NIGHT FOUR: ISRAELI

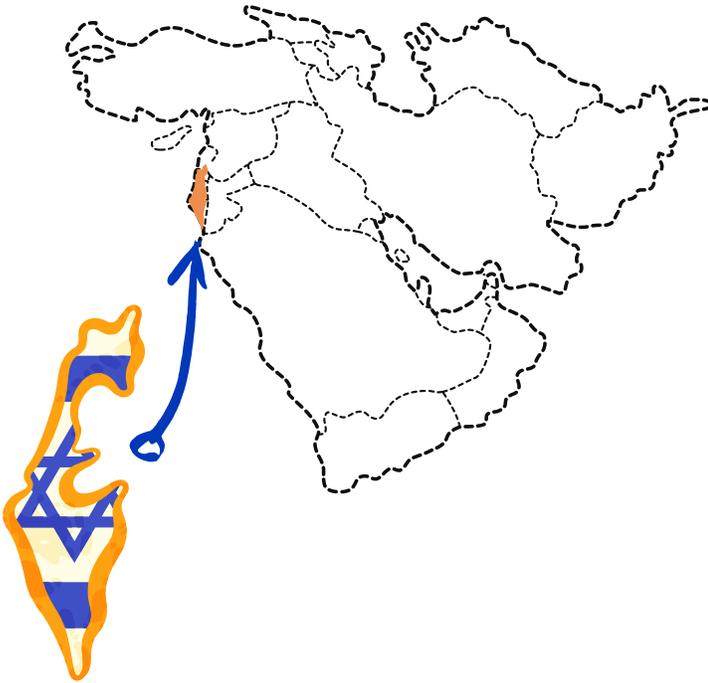


Your meal tonight comes from OR by Falafel Bar, a Middle Eastern restaurant which has been run by Israeli immigrant, Oded Rauvenpoor for over 16 years. Falafel Bar always starts with the best and freshest ingredients to create the simple, robust dishes that showcase the quality of their food.



ISRAEL

GEOGRAPHY:



Israel stands at the crossroads of Europe, Asia and Africa. Geographically, it belongs to the Asian continent and is part of the Middle East region

CLIMATE:

Mediterranean; long, hot, rainless summers and relatively short, cool, rainy winters

POPULATION:

8.884 million



MORE ABOUT ISRAEL!

Holidays:

Yom Kippur, also known as the Day of Atonement, is marked with fasting and prayer. **Yom Ha'atzmaut** which commemorates the Israeli Declaration of Independence in 1948.

Traditions:

On **Memorial Day and Holocaust Remembrance Day**, Israel remembers those who have died in World War II with a national siren, upon hearing the siren every Israeli collectively bows their head.

What Food Means:

In Israel, Turkish coffee is the most popular beverage, Israelites now sometimes refer to it as **Israeli Turkish Coffee** if cardamon is added. Cardamon is a commonly used spice throughout the Middle East.

While wine is a common beverage on Jewish holidays, Muslim citizens chose to drink tea during celebrations because alcohol is prohibited in the Qur'an. The Middle East is a **religiously diverse area** and although Israel is a predominately Jewish country, 17.8% of its population identify as Muslim.

Immigration:

The Jewish community has a long history of immigration. The Jewish **diaspora** or exile refers to the dispersion of Jewish people out of their ancestral homeland due to state conflict.

The **Israeli-Palestinian conflict** is a violent and on-going conflict between the two communities over territory and rights. While most Israeli and Palestinian citizens agree to a two state solution, where each becomes their own legitimate state, **no resolution has been reached** between governments.





SONG AND DANCE FROM THE REGION:

We've made a playlist full of Middle Eastern songs to listen to while you eat!

You can find this playlist in our Instagram bio or on our Spotify: @The International Institute of Buffalo

And check out our cultural dance videos made by Buffalo locals on our Youtube: @The International Institute of Buffalo

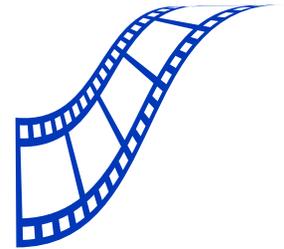


ISRAELI MOVIE RECOMMENDATION:

The Tale of Love and Darkness (2015)

Directed by: Natalie Portman

This film details a young man's relationship with his mother and his beginnings as a writer, while looking at what happens when the stories we tell become the stories we live.



A CRAFT FROM THE CULTURE:

MINI TORAH SCROLLS

- Cut wooden skewers into roughly 2" lengths, or use toothpicks as is. Then cut strips of colored paper, along the long side of your paper, such that paper is about 1 1/2" wide.
- Using clear tape, tape a toothpick to each end of the colored paper. Start rolling the paper, first from one end and then from the other to create two equal scrolls.
- Release the rolls somewhat so that paper isn't so tightly rolled, to create more volume, and then adhere from the back with a piece of tape.
- Decorate the scroll with washi tape, markers, glitter, or anything else! Be creative!



BUFFALO WITHOUT BORDERS: STAYCATIONS

Destination.

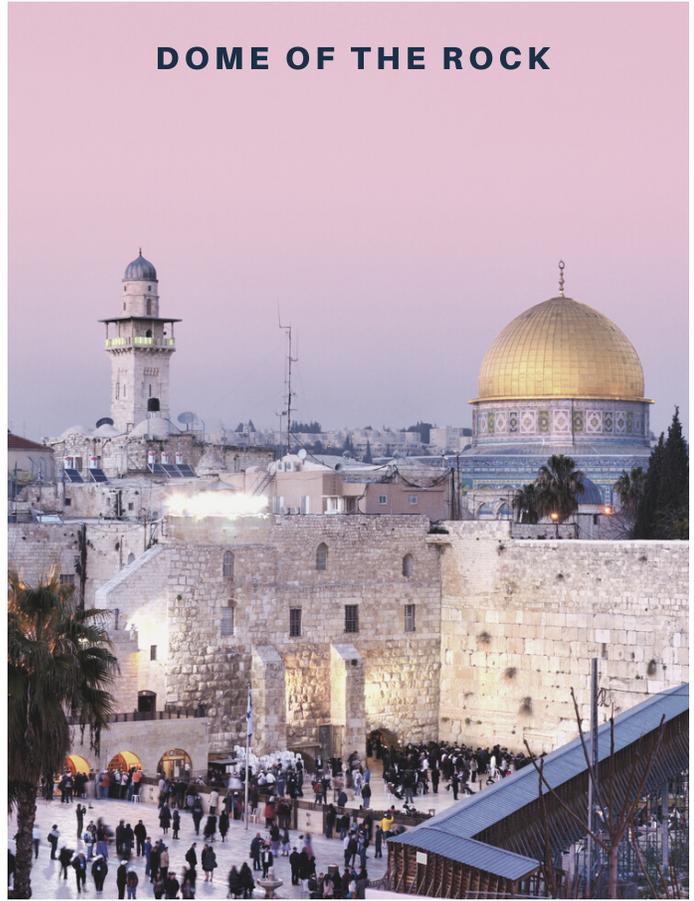
ISRAEL

Come with us to Israel! This nation is full of cities and sites that are significant to Christians, Jews, and Muslims alike. The modern nation of Israel has a complicated history of conflict and displacement. Visiting Israel will give you an opportunity to learn more about the country and region's history, allowing you to have a better understanding of modern conflicts. While you're in Israel, you'll be overwhelmed with amazing food, breathtaking landscapes, bustling cities, and Israeli culture. This beautiful country is located at the eastern end of the Mediterranean Sea, bordered by Lebanon, Syria, Jordan, and Egypt.

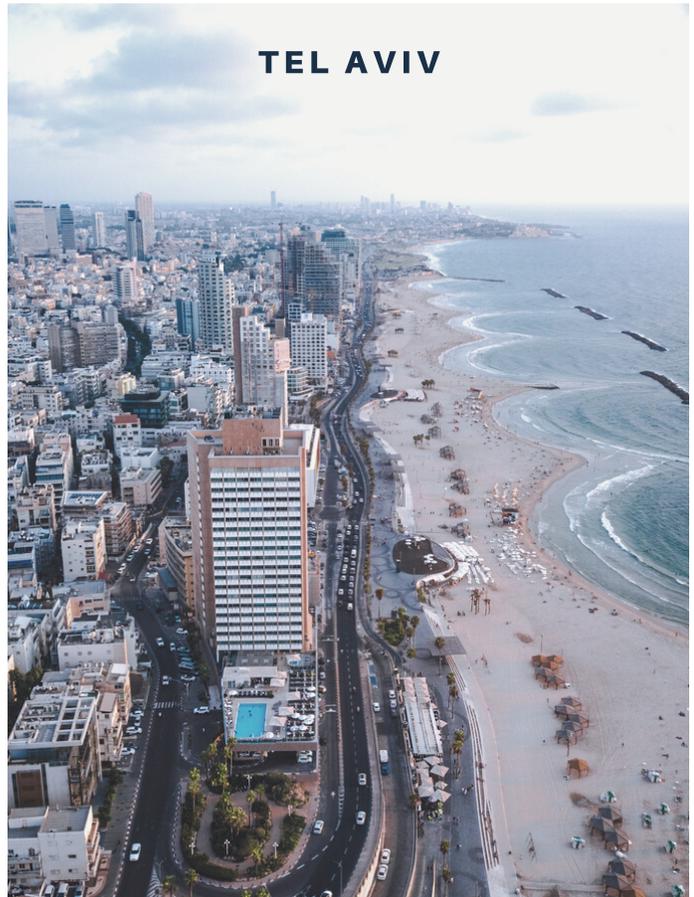
Begin your journey in Jerusalem, one of the oldest cities in the world. In Jerusalem you can visit sacred Jewish, Muslim, and Christian sites. These sites include, King David's Tomb, the Western (Wailing) Wall, the site where the Prophet Mohammed ascended to heaven, the Dome of the Rock, the Via Dolorosa and the Church of the Holy Sepulcher. After seeing all you can in Jerusalem, take your journey to the West Bank, where you can see Bethlehem and Jericho. From there you can't miss going to the Dead Sea. 430 meters below sea level, you can easily float in the salt water sea. For a more wilderness-centered experience, you can travel to the Northern or Southern regions. Northern Israel is home to the Sea of Galilee, mountainous terrain, and Nazareth. And don't forget to experience the deserts of Southern Israel!

Once you've gotten your fill of nature and ancient sites, visit Tel Aviv! This modern metropolis is Israel's second largest city and home to fantastic cafes, restaurants, nightlife, and beaches. There is no shortage of food, shopping, and fun in Tel Aviv. Be sure to enjoy delicious street food, like falafel, hummus, and sabich. The most comfortable time of year to visit Israel is in either the late spring or early fall, when it is pleasantly warm, with temperatures ranging between 60°F and 70°F. There's something for everyone in Israel and there's so much to be learned from the region. You'll never forget the impact of your travels through the historically and religiously significant State of Israel.

DOME OF THE ROCK



TEL AVIV





THE INTERNATIONAL INSTITUTE OF BUFFALO PRESENTS:

FLAVORS OF BUFFALO



CULTURAL RECIPES FROM FAMILIES AROUND BUFFALO!

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MATTHEW ROMAGNUOLO



BEST BEDDING



RICHARD HAMISTER



ZARDA FAMILY'S "RICE PUDDING"



INGREDIENTS:

1 1/2 CUPS OF RICE
2 CUPS OF MILK
4 CUPS OF SUGAR
1 TEASPOONS OF THE
YELLOW COLOR SAFFRON
(YOU CAN FIND IT AT THE
ARABIC MARKET)
6 CUPS OF WATER
PINCH OF FLOWER WATER
OR CARDAMOM
PINCH OF CINNAMON FOR
DECORATION

ORIGIN: IRAQ



HISTORY:

RICE PUDDING IS A POPULAR MIDDLE EASTERN DESSERT. BUT THE DISH HAS A GLOBAL REACH ALSO BEING A FAVORITE IN SOUTH AMERICAN AND ASIAN CUISINES.

RICE PUDDING VARIES ON THE COUNTRIES IT IS BAKED IN BUT ALL RECIPES SEEM TO AGREE ON THREE FUNDAMENTALS: MILK, SUGAR, AND CINNAMON!

THE ZARDA FAMILY CHOOSES TO KEEP THEIR MIDDLE EASTERN VERSION OF THE RECIPE TRADITIONAL AND OF COURSE, DELICIOUS!



PREP TIME: 30 MINUTES

COOK TIME: 1 HOUR

SERVING SIZE: 8

DIRECTIONS:

IN A MEDIUM SAUCEPAN, BRING 2 CUPS MILK TO A BOIL. ADD ½ CUP RICE AND STIR ON REDUCED HEAT, COVER AND SIMMER FOR 20 MINUTES. THEN BLEND IT.

IN A MEDIUM SAUCEPAN, BRING 6 CUPS WATER TO A BOIL, ADD THE RICE, SUGAR, SAFFRON AND CARDAMOM.

STIR, REDUCE HEAT, COVER AND SIMMER FOR 20 MINUTES. THEN BLEND IT WITH THE FIRST MIXTURE.

SERVE COLD AND DECORATE WITH CINNAMON.

EL-BEHAIRY FAMILY'S "SITO'S SOUP"



INGREDIENTS:

1 POUND LAMB. CUBED/
WITH BONES
5 CUPS WATER
1 COARSELY CHOPPED
LARGE ONION
6 WHOLE CARDAMOM SEEDS
SALT TO TASTE
1 OZ CAN TOMATO PASTE.
1 TABLESPOON BUTTER
1 CUP ORZO OR RICE
1 CUP WATER

ORIGIN: EGYPT



HISTORY:

THIS SITO SOUP IS A COMFORTING AND FILLING MIDDLE EASTERN MAIN DISH!

CARIMA EL-BEHAIRY AND HER FAMILY HAVE A PERSONAL CONNECTION TO THE RECIPE, SAYING "MY FATHER CAME TO THE UNITED STATES TO ATTEND COLLEGE IN 1954, HE ARRIVED IN BOSTON ONLY KNOWING TWO FOOD WORDS: CAKE AND MILK. THE ENTIRE JOURNEY FROM BOSTON TO MINNEAPOLIS, HE ATE CAKE AND DRANK MILK. ONCE HE ARRIVED, THE FIRST LETTER HE WROTE WAS TO HIS MOTHER ASKING FOR HELP. THIS WAS ONE OF THE RECIPES MY GRANDMOTHER SENT TO MY FATHER, BECAUSE IT WAS SIMPLE AND HE HAD NO IDEA HOW TO COOK. IT WAS THE FIRST RECIPE MY FATHER TAUGHT TO ME AND NOW THIS IS OUR FAVORITE RECIPE TO SHARE WITH GUESTS!



PREP TIME: 25 MINUTES
COOK TIME: 3 HOURS
SERVING SIZE: 6

DIRECTIONS:

BROWN THE LAMB MEAT IN LARGE POT WITH BUTTER, ON MEDIUM HEAT, UNTIL ALL SIDES ARE BROWNEED,.

AFTER MEAT IS BROWNEED, ADD WATER, ONION, CARDAMOM, TOMATO PASTE, SALT.

BRING TO A BOIL, THEN TURN DOWN TO SIMMER.

LET SIMMER FOR AT LEAST 2 HOURS.

ADD A CUP OF ORZO PASTA & ONE CUP WATER COOK 1/2 HR.

REMOVE CARDAMOM BEFORE SERVING.

OPTIONAL: SERVE WITH LEMON AND LIME.

AHMAD FAMILY'S "CHAPLI KABAB"



INGREDIENTS:

2 POUND GROUND BEEF
2 BIG ONIONS CHOPPED
2 BIG POTATOES CHOPPED
1/2 BUNCH CILANTRO
1 TEASPOON BLACK PEPPER
1 TEASPOON SALT
1 TEASPOON DRY CILANTRO
1 CUP OF FLOUR
1 TEASPOON CURRY
POWDER

ORIGIN: AFGHANISTAN



HISTORY:

KABABS ARE A POPULAR DISH THROUGHOUT THE MIDDLE EAST AND ARE MADE FROM DIFFERENT SPICED MEATS. THEY ARE USUALLY SERVED ON SKEWERS OR AS A SANDWICH AND ARE POPPING UP IN MANY SMALL EATERIES AROUND THE WORLD, KNOWN FOR THEIR BURST OF FLAVOR AND AS AN EASILY TRANSPORTABLE STYLE OF MEAL!

THE AHMAD FAMILY SAYS THIS RECIPE IS THEIR MOST DELICIOUS AND THAT THEY CAN'T WAIT FOR YOU TO TRY IT!

LEILUAH AHMAD SAYS, "THIS IS MY FAVORITE DISH AND IT IS ALSO MY CHILDREN'S FAVORITE!"



PREP TIME: 45 MINUTES

COOK TIME: 30 MINUTES

SERVING SIZE: 6

DIRECTIONS:

GRIND THE POTATOES, CILANTRO AND ONIONS, PRESS OUT THE WATER AND MIX WITH GROUND BEEF AND ADD SALT, PEPPER, DRY CILANTRO AND CURRY POWDER TO GROUND BEEF.

MIX WITH YOUR HANDS FOR 2-5 MINUTES AND ADD FLOUR.

FORM PATTIES OUT OF IT, ADD OIL IN PAN ON MEDIUM HEAT. ONCE IT'S HEATED, FRY EACH PATTY FOR 3 MINUTES ON EACH SIDE.

THEN TAKE OUT AND ONCE COOLED EAT WITH BREAD.