

BUFFALO WITHOUT BORDERS CULTURAL INFORMATION PACKET



NIGHT ONE BANGLADESH

CUISINE SERVED BY: APA'S KITCHEN



Chef Sayeda Moin (left) and her sister and business partner Luthfun Naher Hassan (right)

The first night of our Buffalo without Borders TO GO series will be served by Apa's Kitchen. Working out of the Broadway Market, Apa's Kitchen is an award winning Halal restaurant who focuses on creating richly spiced dishes from Bangladesh, Pakistan, and India.

STORY OF THE CHEF



Apa's Kitchen, Apa meaning "sister" in Bengali, is a fairly new Buffalo restaurant, opening in early 2020. But it is already a staple for many Buffalonians, including the large population of UB students that Sayeda, the restaurant's owner, loves to serve!

Apa's Kitchen serves traditional Southeast Asian cuisines. Sayeda Moin and her sisters import all their own spices and grind them in-house to get the freshest flavors possible. Some of their favorite spices to use are cumin, chili, turmeric, and cardamon.

Sayeda, who moved here from Long Island after owning a restaurant there for 35 years, decided to stay in Buffalo and open her stand in the Broadway market because she loved our community. "I love the diversity of Buffalo, the beautiful nature here, and I can see all the good happening in the city," Moin says.

Their best selling dish is their Biryani, the dish we are serving tonight, which many say tastes "just like home." As of now Sayeda has three stands in the market and hopes to open her own Buffalo restaurant front one day!

The restaurants' unique flavors and friendly owners are sure to leave a lasting impression on all who stop by!

[VISIT THEIR WEBSITE HERE!](#)

T&T ASIAN MARKET

T&T Asian Supermarket and Nepali Bazaar
2768 Elmwood Ave #1612, Kenmore, NY 14217



Ram and Pren opened their market in 2015 and serve mostly Southeast Asian goods, snacks, spices, and fresh produce!

Southeast Asian Snack Pack

You will receive a combination of these snacks



Traditional Southeast Asian Flavored Chips
(Vegan and Gluten Free)



Parle-G Biscuits - Vanilla Flavored Cookies
(Contains milk and wheat)



Traditional Southeast Asian Center-Filled Mints (Vegan and Gluten Free)

Favorite of the market owner!

WHAT'S ON THE MENU?



**STANDARD ENTREE:
CHICKEN TIKKA
WITH BASMATI RICE
AND SHAMI KABAB**



**VEGAN ENTREE:
VEGETABLE BIRYANI
WITH A SIDE OF
GLUTEN FREE PAKORA**



**FOR THE VIP PAIRED
DRINK: MANGO LASSI, A
COCONUT MILK AND
FRUIT DRINK THAT
RESEMBLES A SMOOTHIE**



AND FOR DESSERT...

**JILABI: A DEEP FRIED
RICE FLOUR AND
CHICKPEA FLOUR
BASE SOAKED IN
SUGAR SYRUP**



AROUND A BANGLADESHI TABLE



BANGLADESH DINNERTIME CUSTOMS

If invited to a Bangladeshi meal, it is considered rude to turn the invitation down. If you are unable to attend, you should express so in an indirect manner and suggest that may be difficult to attend. "I will try," or "I will have to see," are acceptable responses if you cannot accept immediately.

Guests are generally served first, then the oldest, continuing in order of seniority. Do not begin eating until the oldest person at the table starts. Ensure you wash your hands before eating. Even so, the left hand is considered unclean, so only eat, pass dishes, or drink with the right hand. Flatbreads such as paratha and roti are served to scoop up the food, although you will not be considered impolite if you ask for utensils. Dishes are eaten sequentially at a meal rather than served all at once. Each dish is eaten separately with a little rice or flatbread so that the individual flavors can be enjoyed.

You will be constantly urged to take more food, so pace yourself so you can consume more servings. "I'm full," is only considered a polite gesture and you will be expected to eat more.

MORE ABOUT BANGLADESH

GEOGRAPHY:

It is located in South Asia and is bordered by India from three sides, Burma from the southeast corner and the Bay of Bengal from the south.



BANGLADESH

CLIMATE:

Bangladesh has a tropical monsoon climate characterised by wide seasonal variations in rainfall, high temperatures, and high humidity. In general, maximum summer temperatures range between 38 and 41 °C (100.4 and 105.8 °F).

POPULATION: 163 million

Holidays



Pahela Baishakh is the **first day on the Bengali Calendar**. It is celebrated on the 14th of April as a national holiday in Bangladesh, and on 14th or 15th of April in the Indian states of West Bengal, Tripura and the Barak Valley region of Assam by people of Bengali heritage.

Sheikh Mujibur Rahman's birth anniversary is a national holiday in Bangladesh, observed on March 17th that commemorates the birthday of Sheikh Mujibur Rahman, a **Bangladeshi politician and statesman** who is regarded as a main actor behind Bangladeshi independence and the father of the nation.

Traditions

Eid al-Adha

is an Islamic festival to **commemorate the willingness of Ibrahim (also known as Abraham) to follow Allah's (God's) command** to sacrifice his son. Muslims around the world observe this event, and most schools and businesses are closed.



Durga Puja (pronounced [dʊrga puːdʒal]), also called Durgotsava, is an annual Hindu festival originating in the Indian subcontinent which **reveres and pays homage to the Hindu goddess, Durga**. Beyond being an art festival and a socio-religious event, Durga puja has also been a political event with regional and national political parties having sponsored Durga puja celebrations.



Immigration

An estimated **10 million Bangladeshi** folks are currently working abroad, primarily as low-skilled laborers in the Arabian Gulf. And only India, Mexico, Russia and China send out more migrant workers each year according to the World Bank.

In 2019, Bangladeshi workers brought home over **\$15 billion in earnings from migrant work abroad**.

In 1998, Bangladesh signed the UN's International Convention on the "Protection of Rights of All Migrant Workers and Members of Their Families," to protect these workers, which can be exploited in their pursuit of work abroad..

Culture of Food

Food in Bangladesh is very traditional, most meals should include rice, a veggie, a source of protein, and a soup or curry.

Many Bangladeshi folks are Muslim, meaning they do not eat pork, opting instead to enjoy the fresh caught fish from their abundant rivers. Their dishes also use a variety of vegetables and spices to create richly aromatic meals!

Bangladesh also has a large **street food culture!** With plenty of snacks being cooked up alongside the road such as Shingara (Bengali samosas) and Chanachur (a crispy snack mix).



Buffalo Without Borders TO GO: Spring Edition

CULTURAL ACTIVITY PAGE

BANGLADESHI PLAYLIST



[CLICK HERE!](#)

Click the graphic above to listen to Bangladeshi songs with your dinner!

BANGLADESHI MOVIE RECOMMENDATION

Made in Bangladesh

Directed by: Rubaiyat Hossain

Shimu, 23, works in a clothing factory in Dhaka, Bangladesh. Faced with difficult conditions at work, she decides to start a union with her co-workers. Despite threats from the management and disapproval of her husband, Shimu is determined to go on. Together the women must fight and find a way.

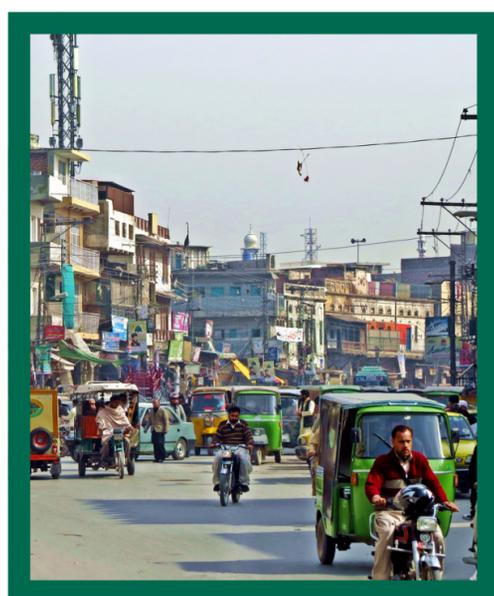


[CLICK HERE!](#)

TRAVEL TO BANGLADESH FROM YOUR OWN HOME

Our International Visitors and Education Department has crafted a one of a kind audio travel experience, so you can explore Bangladesh from your own living room!

Click the airplane to the right to start your staycation journey!



[CLICK HERE TO TAKE THE FULL JOURNEY!](#)



[CLICK HERE!](#)

FIND NEW CULTURAL RESTAURANTS AND SHOPS WITH OUR ONLINE MAP DIRECTORY!



TAKE PHOTOS OF YOUR CULTURAL CARRY OUT EXPERIENCE AND TAG US ON FACEBOOK, INSTAGRAM, OR TWITTER: @IBUFF

WHATS IN THE BAG?

What's in your VIP BWB2G bag?



What's in your BWB2G bag?



VIP LOCAL GOODIES FEATURE

CLICK EACH NAME TO VISIT THEIR WEBSITE!

WHAT'S POP-IN

What's Pop-In Gourmet Popcorn is proudly a family-owned business, founded and run out of Buffalo, New York. It was started to bring people together no matter their budget, and what's better for that than popcorn?



MY BUFFALO CANDLE COMPANY

My Buffalo Candle Company was born from the idea to merge a creative outlet with the desire to give back to the Buffalo community. The products are ecologically & health conscious, great smelling soy candles. that give back a portion of proceeds to organizations in our community!

APA'S KITCHEN AND MORE

Apa's Kitchen not only served our dinner for tonight but also the Mango Lassis for our VIP paired drinks! In addition to her food stand, Sayeda also has a bubble tea stand and is opening a stand for Bangladeshi market items! You can support her by visiting any of her three stands in the Broadway Market



HERTEL LIQUOR LIBRARY

Hertel Liquor Library is North Buffalo's primary liquor store with a large selection of wines and spirits from across the state and popular national brands. Krystal, the store's owner is friendly and always willing to help you find a perfectly paired drink!



TAKE PHOTOS OF YOUR CULTURAL CARRY OUT EXPERIENCE AND TAG US ON FACEBOOK, INSTAGRAM, OR TWITTER: @IIBUFF

COOK A BANGLADESHI RECIPE AT HOME

Bengali Khichuri

is a staple for Bangladeshi homes, it is often used a comfort food and is great to eat when you aren't feeling well!



EQUIPMENT YOU'LL NEED

Spatulas, pot, measuring cups, cutting board, and a strainer

INGREDIENTS FOR BENGALI KHICHURI

- 1 Cup Small Grain Rice
- 1 Cup Split Yellow Lentil (Moong Dhuli)
- 2 Large Boiled Potatoes – Chopped into 6 pieces
- 1/2 Cauliflower Head – roughly chopped
- 1 Cup Green Peas – frozen or fresh
- 1 Tbsp Ginger Paste
- 2 Tbsp Vegetable Oil – You may use any flavorless oil
- 4 Tbsp Ghee
- 1/2 Cup Water
- 3 Cups of Water (For soaking rice+lentils)
- Whole Spices:
 - 1 Large Bay Leaf (Tej Patta)
 - 2 Dry Red Chili
 - 2 Black Cardamom (Badi Elaichi)
 - 2 Cloves (Laung)
 - 1 Stick of Cinnamon (Dalchini)
- Powdered Spices: 1 Tsp Garam Masala
- 1/2 Tsp Turmeric
- 1 Tsp Red Chili Powder
- 2 Tsp Salt (As per your taste)

HOW TO MAKE: BENGALI KHICHURI

Prep time: 10 minutes

Cook time: 30 minutes

1. Warm up a large pot.
2. Add moong dal and roast it over medium-low flames for 2 minutes. Remove the roasted dal and add rice to the same pot.
3. Roast the rice for 2 minutes and transfer to the roasted dal bowl. Soak the roasted dal and rice mix in 2 cups water.
4. In the same pan, add 1tsp vegetable oil (you can add ghee too as desired) and roast the cauliflower until light brown (takes 2 minutes).
5. Remove and keep aside.
6. Heat the same pot and add remaining vegetable oil + 1tbsp ghee. Add the whole spices and sauté for 30 seconds.
7. Add the powdered spices and sauté for 30 seconds.
8. Now add the soaked roasted dal + rice (keep the water and just add the grains).
9. Sauté this mix 1-2 times and let this cook on low heat for 2 minutes. Now add water (you may use the soaking water if you kept it), green peas, and sauté everything.
10. Let this cook on low-medium heat for 2 minutes (stir every minute). Finally add cauliflower, potatoes, ghee, and mix everything.
11. Add 1/2 cup water, mix everything, and cover the pot.
12. Let this cook for 10 minutes over low-medium heat (stir every minute and check for doneness of rice and dal).
13. Once the Khichuri is cooked, add some ghee on top and lightly mix in.
14. Transfer to a serving bowl and enjoy.

A BANGLADESHI COCKTAIL FOR DINNER

Courtesy of Tony Rials from Waxlight Bar A Vin



Garam Ramos

1/2 ounce (1 tablespoon) lemon juice

1/2 ounce lime juice

1 ounce garam syrup

1 ounce heavy cream

1/2 ounce egg white

soda water

green tea powder

ice

Optional: 2 1/2 ounces (5 tablespoons) dry gin

FOR THE RAMOS: Shake all ingredients (minus soda and green tea powder) for 10 seconds. Add ice and shake for 30 seconds. Strain into collins glass. Add soda water until drink is level with rim of glass. Place glass in freezer for 90 seconds. Remove and slowly pour thin stream of soda water into center of cocktail until the fluffy head rises about 3/4 inch above the rim. Lightly dust top with green tea powder.

Garam Syrup

1/2 cup white rice

1/2 sliced almonds

2 cups water

2 cups sugar

1/4 cup ginger, diced

1 cinnamon stick

3 cloves

1/4 cup green cardamom pods

2 star anise

FOR THE SYRUP: Quickly toast cinnamon, cloves, cardamom, & anise in a hot skillet until fragrant. Add to pot with ginger and 2 cups water. Bring to boil and simmer 10 minutes. Pour all ingredients over rice and almonds and let sit until cool. Separate solids from liquid. Place solids in a blender on low, slowly adding the liquid back in. Once it reaches a thick paste consistency, strain through cheesecloth. lace in a pot on medium heat and whisk in 2 cups sugar. Once dissolved, let cool. Stores up to one month.

A BANGLADESHI COCKTAIL FOR DESSERT

Courtesy of Mark Record



You can pair dessert with a refreshing and complex Gin and Tonic. The Jilabis' sweet-crunchiness I think would pair well with a pepper-y/spicy Gin. In this case I suggest using Jin Jiji; an awesome Indian-made gin which can be found at these local retailers (Caputi Wine and Liquor, Gate's Circle Wine and Liquor, Hertel Liquor Library) A flavored tonic would suit this gin best (Fever-tree), but obviously use what is available to you and dress it up with a citrus peel or some spices (cardamom, anise, cinnamon)