

BUFFALO WITHOUT BORDERS CULTURAL INFORMATION PACKET



NIGHT TWO COLOMBIA/ VENEZUELA



CUISINE SERVED BY: SABORES DE MI TIERRA



The second night of our Buffalo Without Borders TO GO series will be served by Sabores De Mi Tierra! In a colorful space on Niagara street, it is the only restaurant in Buffalo to boast Colombian/ Venezuelan fusion cuisine! Family-run and bursting with rich flavors, Sabores De Mi Tierra is a must try!

STORY OF THE CHEF



Sabores De Mi Tierra, which translates to "flavors of my land" in English, was re-opened under new ownership in 2019. Diana and Edgar reestablished the Colombian favorite on Niagara St. Diana is from Colombia and Edgar, her husband, is from Venezuela but grew up in Colombia, making their menu a fusion of the two cuisines.

Sabores De Mi Tierra is the only Colombian restaurant in Buffalo and before it was opened our Colombian population had to go to NYC to find the cuisines of their homeland. This is why the pair was so excited to open their restaurant in Buffalo, Diana said, "We are the only ones to offer Colombian food like this in Buffalo, and I want the community to learn more about our cuisine because it is the best food, the richest in spice and flavor!"

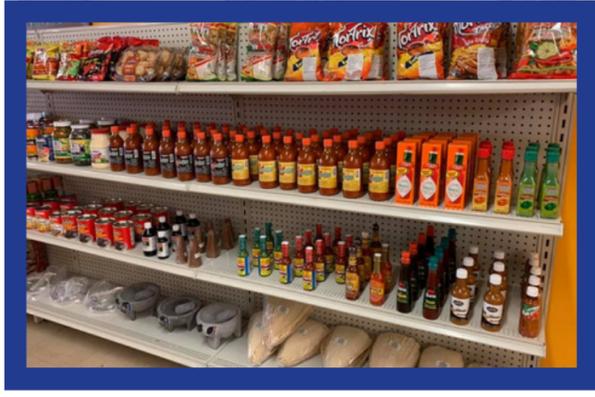
Besides an array of spices, their cuisine relies heavily on the flavors of sautéed peppers, onions, and garlic. Their vegan Arepa comes with black beans, plantains, avocado, and cilantro sauce, and their Bandeja Paisa, a traditional breakfast feast in Colombia, is typically served with red beans cooked with pork, white rice, carne molida (ground meat), chicharrón, fried egg, plantain (plátano maduro), chorizo, arepa, hogao sauce, black pudding (morcilla), avocado and lemon. These are two of their best sellers and what they are serving for BWB tonight!

"Running a restaurant has always been a dream of ours, it is family-run and we hope you will come and get to know our food!" Diana and Edgar said.

[VISIT THEIR WEBSITE HERE!](#)

LA DIVINA

2896 DELAWARE AVE, BUFFALO, NY 14217



La Divina is a Mexican restaurant and market opened by Elliot in 2014! They have three locations in Buffalo, the original on Delaware Ave. in Kenmore, Transit Rd. in Williamsville and the Expomarket on Main St. Downtown!

South American Snack Pack

You will receive a combination of these snacks



Chili Lime Wheat Rings (Vegan)
(Contains wheat)



A sour Mexican candy
(Gluten Free) (NOT vegan)



Spicy BBQ Corn Snack
(Vegan) (Contains wheat)



Mexican jelly filled snack cake
(Contains milk and wheat)



Peanut Candy Marzipan Style
(Vegan and Gluten Free)

WHAT'S ON THE MENU?



STANDARD ENTREE: BANDEJA PAISA (WHITE RICE, RED BEANS, CHORIZO, FRIED PORK, BEEF, SWEET PLANTAINS AND CORN CAKE)



VEGAN ENTREE: BLACK BEAN AREPA WITH AVOCADO CILANTRO SAUCE AND A SIDE OF TOSTONES (PLANTAINS)



FOR THE VIP PAIRED DRINK: JARRITOS, SODAS IMPORTED FROM MEXICO

AND FOR DESSERT...



FLAN!

OR



GUAVA!

AROUND A SOUTH AMERICAN TABLE



SOUTH AMERICAN DINNERTIME CUSTOMS

Welcome to our South American table! As a dinner guest, you should not begin eating until the host says, "Buen provecho!" (or "Enjoy your meal" in English).

The most honored position is at the head of the table, with the most important guest seated immediately to the right of the host. If there is a hosting couple, one will be at each end of the table.

The portion sizes for dinner in South America are much smaller than the United States. While we consider dinner the biggest meal of the day, in South America, they consider it a small meal to tie them over until breakfast!

The most important meal in South America is lunch, which is usually eaten with family midday, while dinner is usually just a snack like bread and cheese. Dinner is also served much later, usually around 8pm or 9pm.

It is polite to try every dish your host serves. In Colombia, your fork should always stay in your left hand and your knife in your right hand! Lastly, it is considered rude to leave the dinner table before the host of the meal.

MORE ABOUT COLOMBIA

GEOGRAPHY:

The Republic of Colombia otherwise known as the Spanish República de Colombia has 1,000 miles (1,600 km) of coast bathed by the waters of the Caribbean Sea in the north and 800 miles (1,300 km) of coast washed by the Pacific Ocean in the west.

CLIMATE:

Because of the country's close proximity to the Equator, its climate is generally tropical and isothermal (without any real change of seasons). The only genuinely variable climatic element is the amount of annual precipitation.

POPULATION: 50.34 million



Colombia

Holidays:

The Colombian Declaration of Independence celebrates the uprising in Bogotá on July 20, 1810, and is commemorated as Independence Day in Colombia, although the new government swore allegiance to Ferdinand VII in Spain and did not begin to declare independence until 1811.

Día de Todos los Santos, or All Saints Day is a national holiday to remember and celebrate the dead. For the indigenous Misak tribe in Colombia, November 1st also marks the first day of their new year.



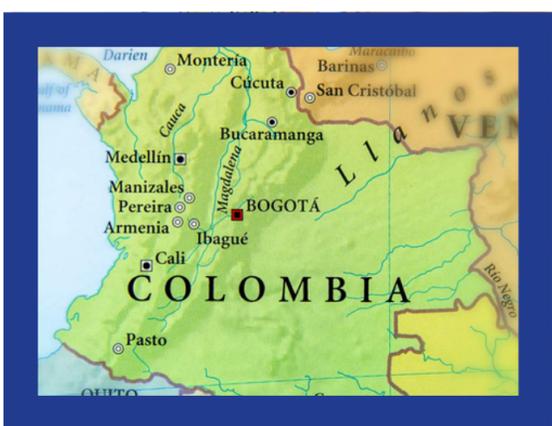
Traditions:

Carnaval del Diablo

The Devil's Carnival is one of the longest celebrations in the world, continuing for over 6 days and bringing in more than 130,000 visitors. The Devil's Carnival is a celebration of humor, festivities, and culture.

Day of the Candles

The Day of the Candles occurs on December 7 and marks the unofficial start of the Colombian Christmas season. At night, streets and homes are festooned with candles and paper lanterns, creating tunnels of light to honor the Catholic Immaculate Conception the following day. There are competitions for the best light displays and many towns hold concerts and fireworks shows.



Immigration:

Immigration to Colombia during the early 19th and late 20th Century was relatively low when compared to other Latin American countries, due to economic, social, and security issues linked to the Colombian armed conflict.

Now, Colombia has been experiencing large waves of immigration from other Latin American countries, Europe, East Asia, and North America over the past 5 years due to improvements in quality of life, security, and economic opportunities.

Colombia is also used as a route to arrive at the United States' border and request asylum, it is a long and treacherous route that those fleeing persecution sometimes take by foot, in order to reach safety. Recent reports of excessive police brutality in the sequestering of Colombian protests have led many to call on the U.S. to take action against the violence through sanctions and other political measures.

Food Culture:

The main ingredients in many South American cuisines are corn, potatoes, tropical fruits, peppers, cheese, and yuca - all ingredients native to their land!

Many dishes are a fusion between indigenous dishes and European influences. Colombia and Venezuela both have heavy Spanish influences in their cuisines and culture!



MORE ABOUT VENEZUELA

GEOGRAPHY:

Venezuela is a country in South America, bordering the Caribbean Sea and the North Atlantic Ocean, between Colombia and Guyana. It is situated on major sea and air routes linking North and South America.



Venezuela

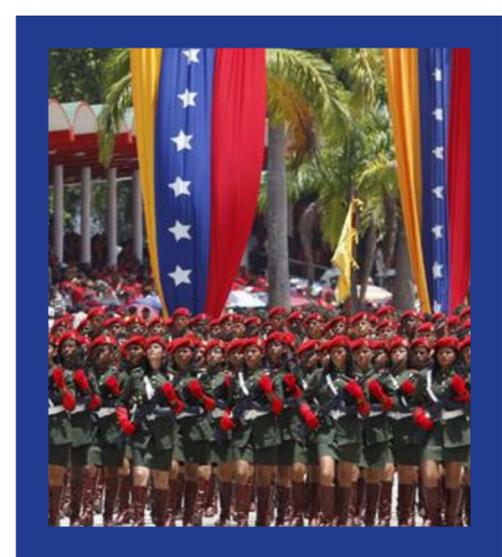
CLIMATE:

Venezuela's location perched 8° above the equator, means it generally enjoys a balmy warm climate. Venezuela's rainy season runs from May to December.

POPULATION: 28.52 million

Holidays:

Independence Day: also known as the Fifth of July is the national independence holiday of Venezuela, marked every year on July 5 which celebrates the anniversary since the enactment of the 1811 Venezuelan Declaration of Independence, making the country the first Spanish colony in South America to declare independence.



Rafael Urdaneta's Birthday: Rafael José Urdaneta y Fariás was a Venezuelan General and hero of the Spanish American wars of independence. He served as President of Gran Colombia from 1830 until 1831. Now the country commemorates him with a national holiday!

Traditions:

Carúpano Carnaval

Every year Carúpano Carnaval is an extravaganza of music and movement attracting over 400,000 visitors. Recently declared an official "Event of Regional Tourist Interest," the celebration is held as a Catholic celebration to indulge in a big feast before having to fast during Lent. The celebration usually spans four entire days.



Feria de la Chinita

The bustling Venezuelan city of Maracaibo goes all out with the Feria de la Chinita, its celebration of the feast day of the Virgin of Chiquinquirá, otherwise know as the Virgin Mary or Blessed Mother. The 10-day jubilee is led by a beautifully costumed festival queen, and is characterized by music, parades, games and folklore stories.

Immigration:

Venezuela is a country of immigrants. About two-thirds of the population is mestizo (of mixed European and Indian ancestry) or mulatto-mestizo (African, European, and Indian); about one-fifth of Venezuelans are of European lineage, and one-tenth have mainly African ancestry.



For several years, Venezuela has been in the midst of a severe political and economic crisis, which has been worsened significantly by ongoing political turmoil.

High unemployment and difficulty in accessing food and other basic necessities have forced millions of Venezuelans to flee the country in search of a better life. Neighboring Colombia has recently tried to closed its borders to fleeing Venezuelans to no avail, and the Biden administration has ordered temporary protected status for Venezuelans in the United States, which gives asylum seekers status and prevents their deportation.

Buffalo Without Borders TO GO: Spring Edition

CULTURAL ACTIVITY PAGE

SONG AND DANCE FROM THE REGION

We've made a playlist full of Colombian and Venezuelan songs to help you fully immerse yourself in Latinx culture.



Click the music note graphic to your right to be linked to our Spotify playlist.

[CLICK HERE!](#)



[CLICK HERE!](#)

And click the dancing graphic to check out our cultural dance video made by local dance company, Amor and Heritage!

SOUTH AMERICAN MOVIE RECOMMENDATION

Embrace of the Serpent (El Abrazo de la Serpiente)

Directed by: [Ciro Guerra](#)

Colombia's first-ever Oscar-nominated film is also one of the most visually stunning and engaging films on this list: [Ciro Guerra's](#) third film is a lyrical, poetic meditation on the history of the Colombian Amazon, with the oft-forgotten local Indigenous people taking center stage. Filmed in crisp black and white, and featuring at least nine different languages, "Embrace of the Serpent" is a window into a side of Colombia that is often overlooked.

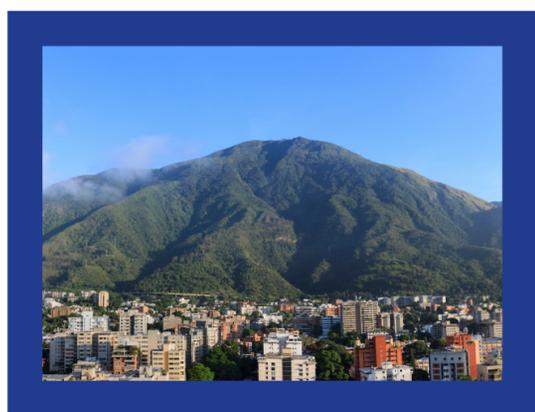


[CLICK HERE!](#)

TRAVEL TO SOUTH AMERICA FROM YOUR OWN HOME

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

Click the airplane graphic to start your staycation journey!



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



[CLICK HERE!](#)

LEARN HOW TO MAKE PAPER FLOWERS, A TRADITIONAL SOUTH AMERICAN CRAFT

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



[CLICK HERE!](#)



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

WHATS IN THE BAG?

What's in your VIP BWB2G bag?



What's in your BWB2G bag?



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!

LA DIVINA MEXICAN STORE

La Divina is not only a hot spot from Latinx snacks and delicious tacos, they also have cases full of Jarritos sodas, our VIP drink pairing of choice for night two!



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 VENEZUELAN RECIPE AT HOME



Arroz con Leche is a traditional Venezuelan holiday dessert, given to us by a staff member's Venezuelan uncle! It is customarily served during Semana Santa, which is Easter in Venezuela. This recipe will serve 4 people but can easily be doubled or tripled for larger parties.

EQUIPMENT YOU'LL NEED

Just a large saucepan!

INGREDIENTS FOR ARROZ CON LECHE

- 1 liter whole milk
- 1 cup rice
- 400 gr condensed milk
- 1 can 3 cinnamon stick
- 1 tbsp cloves
- 1 tbsp Jamaican pepper (guayabita)
- Cinnamon powder (to taste)

HOW TO MAKE: ARROZ CON LECHE

Prep time: 5 minutes

Cook time: 35 minutes

Heat the milk over medium heat and add the cinnamon stick, the Jamaican pepper, and the cloves.

When the milk starts to boil, add the rice and cook over low heat for 30 - 40 minutes. (note 1)

When the mix is thick enough add the condensed milk and cook for another 10 minutes over low heat.

Remove the rice pudding from the stove when there is still enough liquid but the rice is completely soggy. (note 2)

Serve with some cinnamon powder on top.

Recipe Notes: Stir every 5 minutes with a wooden spoon to avoid burned rice at the bottom. The rice will keep cooking even out of the stove. For that reason it's necessary to leave some liquid so the result won't be dry.

LATINX COCKTAILS TO PAIR

Dinner Courtesy of Megan Lee, Marble + Rye



Limonada de Coco

1 13.5 oz can of coconut milk
3 ounces (6 tablespoons) freshly squeezed lime juice
4 tablespoons raw sugar
2.5 cups ice, crushed if possible
Optional: 3 ounces rum, (Try Dictador from Colombia or Diplomatico from Venezuela)

Add all ingredients to a blender, scraping out can to use all coconut cream. Blend until the texture is smooth. Pour into glass of choice, and garnish with a lime wheel.

Fun tricks:

- *Add small pinch of salt to blender
- *To deepen the flavor, warm coconut milk over medium heat and add 1 cup freshly toasted coconut flakes to infuse. Remove from heat, then strain when cooled.
- *Try a mint sprig for an aromatic garnish.



Dessert cocktail courtesy of Mark Record,
Lloyd's Taco Factory

The May Flower

1.5oz Venezuelan Rum (Santa Teresa, or whatever you have)
.75oz lime juice
.5oz Guava syrup (guava nectar and simple syrup 1:1)
.25oz Ceylon Cinnamon syrup (recipe below)

Swizzle all ingredients in a glass with cracked or crushed ice (shake and strain if using normal ice). Garnish with mint and lime wheel.

For the Guava Syrup: mix guava nectar with equal parts simple syrup (equal parts sugar to water)

Ceylon Cinnamon Syrup: 1 cup sugar, 1 cup water
4 cinnamon sticks broken into large pieces

Bring all ingredients to a boil over medium heat. Reduce heat to medium-low and let simmer for 8-10 minutes until sugar has dissolved, stirring frequently. Remove from heat and let cool. Discard cinnamon sticks, strain into a clean glass jar and cover. Store refrigerated for up to 2 weeks.