

# BUFFALO WITHOUT BORDERS CULTURAL INFORMATION PACKET



## NIGHT FOUR YEMEN

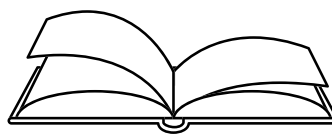


### CUISINE SERVED BY: AL SULTAN



Our fourth night of Buffalo Without Borders TO GO will be celebrating Yemeni culture. The restaurant to close up our series is Al Sultan, a Middle Eastern restaurant that specializes in serving Yemeni recipes. In addition to their delicious recipes, Al Sultan also boasts a bakery and an international market stocked full of imported Arab snacks, desserts, cheeses, and drinks!

### STORY OF THE CHEF



Al Sultan is a Middle Eastern restaurant run by Fahmi Harhara, a Yemeni immigrant who has found his second home in Buffalo! Al Sultan translates to "Ruler" or "Prince" in Arabic and it was named this because Fahmi actually has ties to royalty in his bloodline!

Fahmi decided to open this restaurant and market duo 2 years ago because there are not many Yemeni restaurants in Buffalo, especially quality, sit-down restaurants, and he wanted to share his food and culture with our city!

Fahmi says he believes Yemeni food is the healthiest in the world because of the fresh veggies, Halal meat, strong spices, and very little use of oil. Some of his favorite spices to use are curry, cumin, garlic, and cinnamon.

Fahmi considers Al Sultan to be such a special place because "our tastes are different and our flavors are amazing! We offer the traditional dishes of Yemen, like Fava Beans, or "Gulaba" in Yemeni, Saffron Rice, and Lamb Haneeth, which is Fahmi's favorite dish to cook and their number one seller!

Fahmi loves Buffalo because there are so many different cultures and a strong Yemeni community, (around 5,000 people) who he can connect with. He loves living out his dream of running a restaurant with his brother and sharing the dishes of his homeland.

[VISIT THEIR WEBSITE HERE!](#)

## AL SULTAN MARKET

178 RIDGE RD, LACKAWANNA, NY 14218



Al Sultan Market is an extension of tonight's restaurant. In the market you can find traditional Middle Eastern goods snacks, and other imported treasures.

## Middle Eastern Culture Packet

You will receive a combination of these snacks!



Ketchup flavored puff snacks (Vegan)  
(Contains wheat)



Cappuccino Candy  
(Vegan and Gluten Free)



Chili Flavored Potato Chips  
(Vegan and Gluten Free)



# WHAT'S ON THE MENU?



**STANDARD ENTREE:  
LAMB HANEETH  
(SLOW ROASTED LAMB SERVED  
WITH MIXED VEGETABLE AND  
RICE)**



**VEGAN ENTREE:  
SALTAH (ASSORTED ROOT  
VEGETABLES COMBINED WITH  
WHIPPED FENUGREEK AND A  
TRADITIONAL SAUCE)**



**FOR THE VIP PAIRED DRINK:  
A LOOSE LEAF CHAI MIX  
FROM NAJAH. A LOCAL  
SOMALIAN VENDOR**



## AND FOR DESSERT...



**NOCHA SWEETS  
(GLUTEN FREE AND VEGAN)**



**BAKLAVA**

## AROUND A YEMENI TABLE



### *YEMENI DINNERTIME CUSTOMS*

Generously serving guests is a part of Yemeni culture, therefore denying an offer for dinner is considered an insult.

Meals are eaten on the ground on carpets or cushions. The seating arrangement for guests are well thought out, with the corner seats being the most honored seat in the house. Guests should refrain from sitting in the corner unless it is offered.

People from Yemen eat with their right hands, as eating with your left hand is seen as impolite. Typically, after you finish your meal, you get up to wash your hands, and then go into the salon for coffee. If you are in a restaurant, you can summon the waiter by clapping your hands together once or twice to signal you have finished your meal.

Stews, rice, meats, and bread are all popular dishes in Yemen. Saltah is the national dish of Yemen, but the most common dish across the region, which can differ in cuisine greatly, are meat and rice dishes like Lamb Haneeth. Many dishes are cooked underground which is called Mandi, or in Tadoor (large clay pots), which give the dishes a distinct taste.

#### **Common phrases Yemenis say while eating:**

**بِسْمِ اللَّهِ** bism illah "By/in the name of Allah," said by all before commencing the meal.

**الْحَمْدُ لِلَّهِ** alHamdu lillah: "Praise be to Allah," said by everyone after finishing the meal.

**مَا شَاءَ اللَّهُ** masha'a allah, in the context of eating it means "Wow, what a delicious-looking meal," It is normally said by guests or elder members of the family.



# Buffalo Without Borders TO GO: Spring Edition

## CULTURAL INFORMATION PAGE

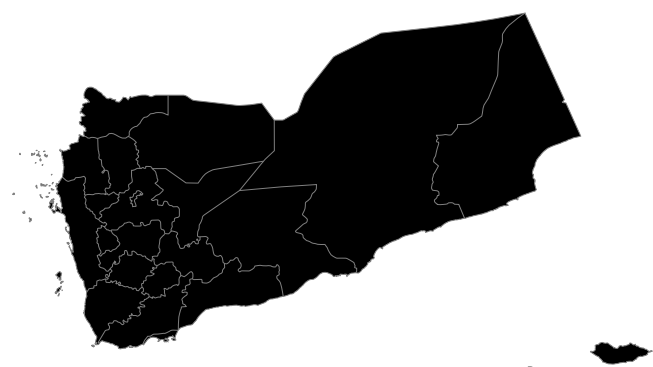


## MORE ABOUT YEMEN



### GEOGRAPHY:

Yemen is located in Southwest Asia, at the southern tip of the Arabian Peninsula, in the Middle East region between Oman and Saudi Arabia. It is situated at the entrance to the Bab-el-Mandeb Strait, which links the Red Sea to the Indian Ocean (via the Gulf of Aden) and is one of the most active and strategic shipping lanes in the world.



Yemen

### CLIMATE:

The Climate of Yemen can be described as subtropical dry, hot desert climate with low annual rainfall, very high temperatures in summer and a big difference between maximum and minimum temperatures, especially in the inland areas.

**POPULATION:** 29.16 million



### Holidays:

**Unity Day:** Unity Day of Yemen (also called National Unity Day, National Day, or Republic Day) is a national holiday in Yemen held on May 22nd. It commemorates the unification of Northern and Southern Yemen, which took place on this date in 1990. To celebrate the holiday, the current Yemeni president gives a speech that is broadcast across the country, and awards state decorations and orders to Yemeni citizens.

**Eid al-Fitr:** Eid al-Fitr, also called the "Festival of Breaking the Fast" or Lesser Eid, or simply Eid, is a religious holiday celebrated by Muslims worldwide that marks the end of the month-long dawn-to-sunset fasting of Ramadan. Eid al-Fitr was just celebrated two weeks ago on May 12th and 13th!

### Traditions:

#### Eid al-Adha

This is an important Muslim feast, whose name translates to 'Feast of the Sacrifice'. It is celebrated in honor of the Prophet Abraham who sacrificed his first-born son to God, who then gave him a lamb to sacrifice instead. This four-day holiday starts on the 10th day of Dhu al-Hijjah, which is anywhere between September and November.



**Mouloud** This day celebrates the birth of the Prophet Mohammed. It takes place each year on the 12th day of the month of Rabi' al-awwal, which falls in the winter of the Georgian calendar. A large street carnival takes place in cities and towns all over the country, as well as a large street procession. Houses and mosques are decorated, and food is distributed to everyone.



### Immigration:

Nearly six years into Yemen's war, migrants continue to arrive in the country, although numbers are significantly lower in 2020 due to COVID-19-related border restrictions. According to the United Nations migration agency, IOM, just over 35,000 migrants have made it to Yemen so far this year, down from 138,000 in 2019.

Many of these refugees and migrants intend to pass through Yemen en route to Saudi Arabia and other Gulf countries. Ethiopians make up 90% of the arrivals into Yemen while Somalis account for around 10% of arrivals in 2019. The mixed migration flow to Yemen is largely made up of young men with only about 20% being women and around 10% being children.

### What Food Means:

Throughout history, food in Yemen was a source of sustenance and joy, tradition, and celebration to be shared with friends and family. However, in current day, food is a scarcity in Yemen, as they face one of the greatest humanitarian famine crises in history.

The famine is the direct result of the Saudi Arabian-led intervention in Yemen and blockade. Over 130,000 people have died from starvation since 2015. The crisis continues today and over 16.2 million remain food insecure.

You can learn more about the crisis and how you can get involved by clicking [here](#).





# Buffalo Without Borders TO GO: Spring Edition

## CULTURAL ACTIVITY PAGE

### SONGS FROM THE REGION

We've made a playlist full of Yemeni songs to help you immerse yourself in the culture.

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



[CLICK HERE!](#)



[CLICK HERE!](#)

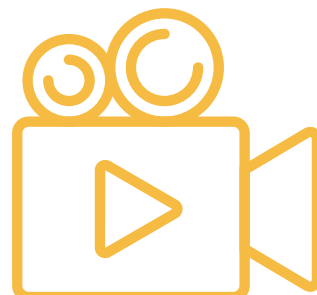
And click the tea cup graphic to check out how to make traditional chai tea with the Najah chai tea packet provided in the VIP bags. For general ticket holders, you can find the loose leaf tea by Najah every Saturday at the Elmwood Farmers market!

### YEMENI MOVIE RECOMMENDATION

#### The Silent War

Directed by: Sufian Abulohom

The short documentary tells the stories of Yemeni refugees living in Markazi Refugee Camp. Since the war started in Yemen in early 2015, more than 3 million people have been internally displaced and around 180,000 have fled the country. Thousands of Yemeni refugees have returned to Yemen preferring the uncertainty of the war over the camps' conditions.



[CLICK HERE!](#)

### TRAVEL TO YEMEN FROM YOUR OWN HOME

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

Click the airplane graphic to start your staycation journey!



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



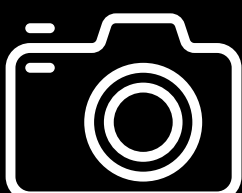
[CLICK HERE!](#)

### LEARN HOW TO DO A TRADITIONAL YEMENI HENNA

### 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!

### NAJAH

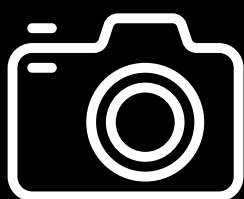
With a stand at the Broadway Market, Buffalo Artisan Food Traders, and seasonally at the Elmwood Farmer's Market, Najah's serves loose leaf chai tea packets, spice mixes, and spicy & sweet traditional Somali sauces.



### 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 YEMENI RECIPE AT HOME



**Shafboot** serves 4-6 people and is a traditional and very popular appetizer food in Yemen. It's consistency resembles a mix between a yogurt and a dip. This recipe was shared by one of our former interns, who learned it from her mom!

Many Yemeni families serve this as a celebration food during the month of Ramadan.

### EQUIPMENT YOU'LL NEED

Large bowl, whisk, blender

### INGREDIENTS FOR SHAFBOOT

32oz sour cream  
1 cup buttermilk  
salt to taste  
1/4 cumin  
1/4 thyme  
1/4 dry mint  
3-4 sticks of cilantro  
3 cloves of garlic  
1 jalapeno (if preferred)  
1-2 cucumbers diced

### HOW TO MAKE: SHAFBOOT

**Prep time: 10 minutes**

- 1) Obtain a large bowl and combine 32oz sour cream and 1 cup of buttermilk
- 2) Whisk the sour cream and buttermilk together until smooth
- 3) In a blender, add about a teaspoon of water (just so the seasoning mixes together properly and doesn't stick to blender)
- 4) Then add in the blender 1/4 cumin, 1/4 thyme, 1/4 dry mint, 3-4 sticks of cilantro, 3 cloves of garlic, a pinch of salt and 1 jalapeño (if preferred), chopped and seeded.
- 5) Blend the seasoning until smooth and add it to the large bowl that contains the combined sour cream and buttermilk
- 6) Whisk together everything until fully incorporated. Also, you can add as much salt as you prefer even after combining everything
- 7) Dice 1-2 cucumbers and garnish on top of the Shafboot. Now, it's ready to serve and eat!

This is considered as an appetizer so it's a great side dish with rice or salad. You can also dip your favorite flatbread in Shafboot!

Many people garnish pomegranate, sweet peppers, green onions instead of cucumbers or even throw their salad right on the Shafboot. You can garnish it with whatever you'd like, enjoy!



## A YEMENI COCKTAIL TO PAIR

Joe Graziano, Grange Community Kitchen



### **Adeni Sour**

Inspired by Adeni Shai, a spiced milk tea common in Yemen.

2 ounces cognac or brandy

$\frac{3}{4}$  ounces fresh lemon juice

$\frac{3}{4}$  ounces spiced honey\*\*

$\frac{1}{2}$  ounce (1 tablespoon) strong black tea

Combine ingredients into a cocktail shaker or mason jar with ice. Shake and strain into a rocks glass with fresh ice. Garnish with mint, lemon peel and fresh grated nutmeg.

### **Non-alcoholic:**

2  $\frac{1}{2}$  ounces strong black tea

$\frac{3}{4}$  ounce fresh lemon juice

1 ounce (2 tablespoons) spiced honey\*\*

Combine ingredients into a cocktail shaker or mason jar with ice. Shake and strain into a rocks glass with fresh ice. Garnish with mint, lemon peel and fresh grated nutmeg.

To make the spiced honey -

1 cup honey

1 cup water

1 cinnamon stick

3 green cardamom pods

2 cloves

Bring all ingredients to a boil, then cover and reduce to a simmer for 5 minutes. Remove from heat, and leave covered for 15 minutes. Strain into a small bottle. Keep in refrigerator for up to 2 weeks.

## A YEMENI DESSERT COCKTAIL TO PAIR

courtesy of Mark Record, Lloyd's Taco Factory



### **Raisin in the Sun**

inspired by Naqee'e Al Zabeeb

3 cups of water

3 tbsp of honey (alternatively use sugar or agave nectar)

1 cup of raisins

Bring the water and honey to a boil. Add the raisins, cover, and remove pot from heat. When cold, strain liquid and refrigerate. Serve cold. Add something sparkling if you're feeling bubbly!