

BUFFALO WITHOUT BORDERS CULTURAL INFORMATION PACKET

NIGHT THREE: SOUTH SUDAN



CUISINE SERVED BY: GARDEN OF EDEN

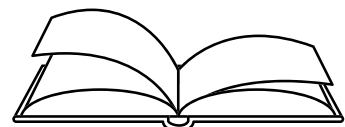


GET TO KNOW OUR BWB FEATURED CHEF, ELIZABETH!

Elizabeth is the owner of the vegan pop-up shop Garden of Eden and a mother of two. She will be serving her traditional Sudanese dishes to close out our Buffalo Without Borders TO GO series!

She opened her restaurant in the Grant Street Bazaar but was forced to close down during the pandemic. Now Elizabeth is making a name for herself among the vegan and non-vegan communities in Buffalo. She one day hopes to open another restaurant where she can "put vegan Sudanese out there so that all diets can try my food!"

THE STORY BEHIND GARDEN OF EDEN



Elizabeth, originally from South Sudan, resettled to the West Side of Buffalo at age 11. Her menu reflects the fusion of Sudanese and Hispanic cultures she grew up with.

From vegan Pastelitos to her Buffalo Without Borders TO GO Sudanese entree of Jutu leaves, lentils, and traditional style bread, Elizabeth is a creative chef who crafts dishes around her religious and personal beliefs of having a cruelty-free and plant-based diet.

Vegan diets are rare in South Sudan, where a large portion of the population eats a heavily meat-centered diet. But that doesn't stop Elizabeth from recreating the traditional favorites.

One example is her plant-based version of Goraasa be dama, or beef stew which features the traditional flavors of Sudan but is filled with Elizabeth's specialty meat substitute.

Her wish is to grow her business and expand the vegan dishes she can introduce to our Buffalo community. She wants there to be Sudanese dishes available to all who want to try them: "I want to see vegan Sudanese dishes available on Door Dash!"

Elizabeth says she hopes to get her second chance at running a restaurant when the West Bazaar expands to Niagara street in 2022. In the meantime, you can find her pop-ups in the Broadway Market and at the Vegan Center!

Her takeaway message for her Buffalo community is, "Make sure to try the Sudanese food, don't be scared!"

FIND GARDEN OF EDEN ON SOCIAL MEDIA!

WHAT'S ON THE MENU?



KISRA – SUDANESE FERMENTED BREAD MADE OF CORN FLOUR

MOOLIKIAH – JUTU LEAVES COOKED WITH DELI AND SOUTH SUDANESE SPICES

YELLOW LENTILS – COOKED WITH ONIONS, TOMATOES, AND SUDANESE SPICES.



WITH A PAIRED DRINK OF...



HIBISCUS TEA



AND FOR DESSERT...



BASTA – DESSERT MADE WITH PHYLLO, BROWN SUGAR, AND PEANUTS



AROUND A SOUTH SUDANESE TABLE



SOUTH SUDANESE DINNER TIME CUSTOMS

South Sudan Cuisine is heavily influenced by their East African and Arab cuisine cultures. However, the use of peanut butter as a sauce thickener and stew ingredient is a trademark of Sudanese food.

Because many dishes include a lot of ingredients and are time-intensive, the women of the country spend most of the day preparing the meals.

Asida, made from grains and eaten like rice, is a Sudanese staple and eaten with almost every meal. Sudanese people take a bit of Asida, mold it into a ball within their fingers, and dip it into the entree, often a stew or soup. Kisra is the Sudanese version of bread and the second most popular side.

Sudanese people are very friendly and love having guests. Visiting hours are usually midmorning or late afternoon and it is perfectly acceptable for guests to come over unannounced. Business meetings in South Sudan are often conducted over a meal.

Meals are eaten around a large, communal tray with a variety of dishes served for each meal. Some of their go-to dishes are Goraasa be dama (beef stew), Ful Medames (mashed fava beans), and Tamia (Sudanese Falafel).

Jebena is the name of Sudanese coffee, which is usually spiced with ginger or cinnamon and served from cultural jugs. Sweet teas like the hibiscus tea featured in our meal are tonight are drunk throughout the day and after a meal is finished.

SONGS FROM THE REGION

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

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

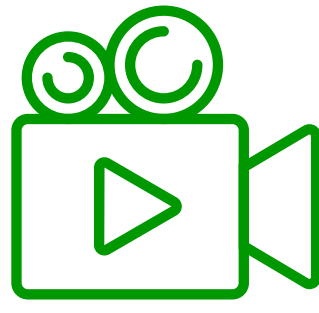


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SUDANESE MOVIE RECOMMENDATION

We Were Rebels

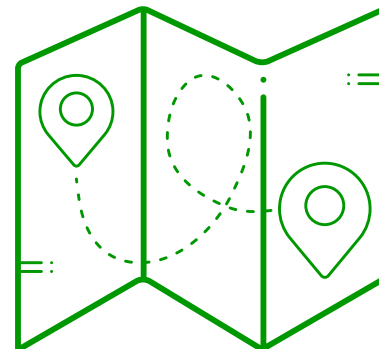
Directed by: Florian Schewe
Katharina von Schroeder



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The documentary tells the story of Agel, a former child soldier who returns to South Sudan to help build up his country. The film accompanies him over a period of two years - from South Sudan gaining its independence in 2011 to the renewed outbreak of civil war in December 2013. As captain of the national basketball team of South Sudan - the youngest country in the world - Agel coaches the team through their very first international match against Uganda.

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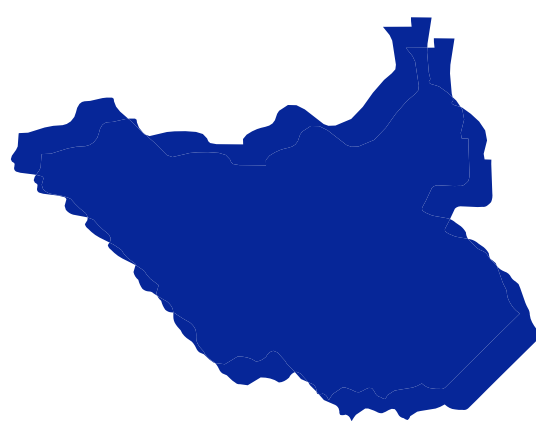
Buffalo Without Borders TO GO

CULTURAL INFORMATION PAGE

MORE ABOUT SOUTH SUDAN

GEOGRAPHY:

South Sudan is mostly covered in tropical forests, swamps, and grassland. The White Nile passes through the country, passing by the capital city of Juba. The Imatong Mountains are located in the southeast and Mount Kinyeti is the highest mountain of the range at 10,456 ft, and the highest in the whole of South Sudan.



CLIMATE:

South Sudan has a tropical climate with wet and dry seasons. South Sudan's lowest annual temperatures are in the high 60s to high 70s, and their hotter months average temperatures of 90-100 degrees.

South Sudan

POPULATION: 11.19 million

SOUTH SUDAN TODAY

South Sudan, officially known as the Republic of South Sudan, is a landlocked country in the eastern part of central Africa. It shares borders with Sudan to the north, Ethiopia to the east, Central African Republic to the west, and Democratic Republic of the Congo, Uganda, and Kenya to the south. It is covered in tropical forests, swamps, and grassland, and the White Nile also passes through the country. The Bandingilo National Park, found in the southeast portion of South Sudan and near the capital city of Juba, hosts the world's second largest annual animal migration. This migration involves multiple species of antelope including reedbuck, tiang, and white-eared kob.

The migrations of people have also given South Sudan its modern shape and ethnic diversity. The Nilotic people of South Sudan first entered the region sometime before the 10th century CE, coinciding with the fall of medieval Nubia. From the 15th to the 19th century, tribal migrations brought the Anyuak, Dinka, Nuer, and Shilluk to their modern locations. British colonial policy in Sudan had a long history of emphasizing the development of the Arab north while largely ignoring the Black African south. After Sudan's first independent elections in 1958, the continued neglect of the southern region by the Khartoum government led to uprisings, revolt, and the longest civil war on the continent.

South Sudan is the world's youngest independent country and was established on July 9, 2011, with 98.83% of the population voting for independence. Inter-ethnic warfare is widespread and in some cases predates the war of independence. In December of 2013, the new country descended into a civil war, caused by a power struggle between President Kiir and his former deputy Riek Machar who was accused of attempting a coup. Over the years, the United Nations acted as peacekeepers and numerous ceasefires were mediated by the Intergovernmental Authority on Development, though they were subsequently broken. While another peace deal was signed in 2018, fighting between communities, as well as government human rights abuses, persists. This created the conditions for a devastating famine that is now affecting millions.

From the 1987 civil war, an estimated 20,000 young boys fled from their families and villages in southern Sudan. They walked more than a thousand miles, with half of them dying along the way, before reaching the Kakuma refugee camp in Kenya. The survivors of this exodus became known as the Lost Boys of Sudan. One survivor made it to Buffalo and has since opened the first clinic in his home village. To learn more about Fidele Dhan's story and ways you can support the clinic, check out the South Sudan Villages Clinic:
<http://www.southsudanvillagesclinic.org/home.html>

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<https://iibuffalo.org/international-exchanges-and-education/>

COOK A SUDANESE MEAL AT HOME



Al Aswad salad: eggplant and tomato salad

INGREDIENTS FOR AL ASWAD

1 eggplant 1lb, diced
2 medium tomatoes
1 teaspoon crushed garlic
1 green onion diced
1 teaspoon lime juice
2 teaspoon peanut butter
water to liquefy peanut butter
oil for frying

HOW TO MAKE AL ASWAD

Prep time: 20 minutes

- Shallow fry the aubergine in oil and keep stirring until it is golden brown, set aside.
- Dice the tomatoes, put in a food processor or blender, and pulse.
- In a sauce pan bring the tomato sauce to a gentle boil.
- With a fork, mash the aubergine, then add to the simmering tomato sauce.
- Add lime juice and garlic, stir and remove the pan from heat.
- Liquefy the peanut butter in some water and add to the previous mixture.
- Add the diced green onion and mix well.
- Chill in your fridge and serve with pita bread.

