

RECIPES WITH REFUGEES

By LORIE HOWE



FACT SOURCES

"Interesting Facts About Places, People And Things!" The Fact File, the-factfile.org/.

Janis. "15 Fun Facts About Myanmar (Burma)." Traveling with the Jones RSS, 17 Dec. 2014, www.travelingwiththejones.com/2014/12/18/15-fun-facts-about-myanmar-burma/.

Leibowitz Poma, WWF Travel Manager, Elissa. "Ten Interesting Facts about Bhutan." WWF, World Wildlife Fund, 11 Oct. 2010, www.worldwildlife.org/blogs/good-nature-travel/posts/ten-interesting-facts-about-bhutan#.

Tan, Desmond, et al. Burma Superstar: Addictive Recipes from the Crossroads of Southeast Asia. Ten Speed Press, 2017.

Tmg. "59 Fascinating Things You Didn't Know about Russia." The Telegraph, Telegraph Media Group, 27 Apr. 2017, www.telegraph.co.uk/travel/destinations/europe/russia/articles/facts-about-russia/.

DID YOU KNOW?

-Colorado is home to about 58,000 refugees - just over 1% of the population.

-The majority of refugees came from Vietnam in the 1980s, followed by the Soviet Union in the same period. Today's refugees come mostly from Burma, followed by Somalia, Bhutan, and Iraq. Many others come from places like Ethiopia, Hmong, Cambodia, Laos, and other countries.

-Refugees are resettled by three main organizations: Lutheran Family Services, the African Community Center, and the International Rescue Committee.

-The vetting process for refugees is the most extreme of all traveler types - far more extreme than tourists or students. The process lasts 18-24 months or longer and involves eight different federal agencies.

-Most refugees settle in the Denver Metro area, with some ending up in Greeley, Fort Morgan, or Colorado Springs. Resettlement agencies look for cities with the cheap rent, available jobs, and proximity to the agencies.

-Many refugees are fleeing violent situations and have a desire to live in a safe community.



VIETNAM

- Traditional Vietnamese culture revolves around core values of humanity, community, harmony, and family.
- Vietnamese cuisine is a balance of spicy, sour, bitter, salty, and sweet.
- Football is the most popular sport in Vietnam.
- The ban on same-sex marriage was recently lifted.
- Motorbikes are the most common form of transportation.
- The literacy rate is 94%.
- Vietnam owns about 20% of the world's coffee share.

COCONUT STICKY RICE

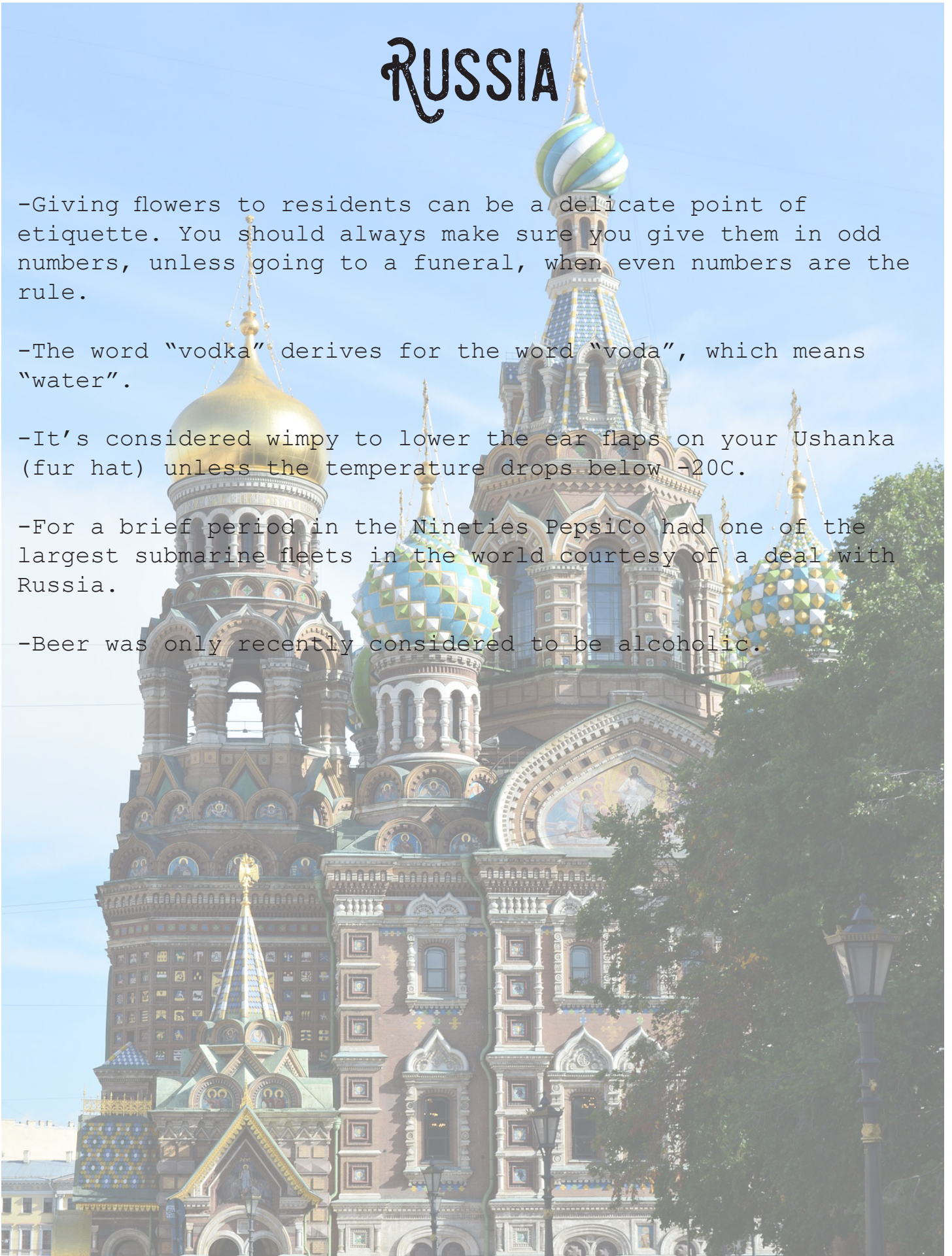
- 3 cups sticky rice, soaked overnight in water or thin coconut milk and drained
- 2 cups canned or fresh coconut milk
- 3/4 cup palm sugar, or substitute brown sugar
- 1 teaspoon salt

- Steam the sticky rice until tender.
- Meanwhile, place the coconut milk in a heavy pot and heat over medium heat until hot. Do not boil. Add the sugar and salt and stir to dissolve completely.
- When the sticky rice is tender, turn it out into a bowl and pour 1 cup of the hot coconut milk over; reserve the rest. Stir to mix the liquid into the rice, then let stand for 20 minutes to an hour to allow the flavors to blend.
- Use remaining coconut milk to coat rice upon serving.

Short on time? Microwave pre-made sticky rice (like Annie Chung's) and pour the coconut mixture on top!

RUSSIA

- Giving flowers to residents can be a delicate point of etiquette. You should always make sure you give them in odd numbers, unless going to a funeral, when even numbers are the rule.
- The word "vodka" derives from the word "voda", which means "water".
- It's considered wimpy to lower the ear flaps on your Ushanka (fur hat) unless the temperature drops below -20C.
- For a brief period in the Nineties PepsiCo had one of the largest submarine fleets in the world courtesy of a deal with Russia.
- Beer was only recently considered to be alcoholic.



BLINI

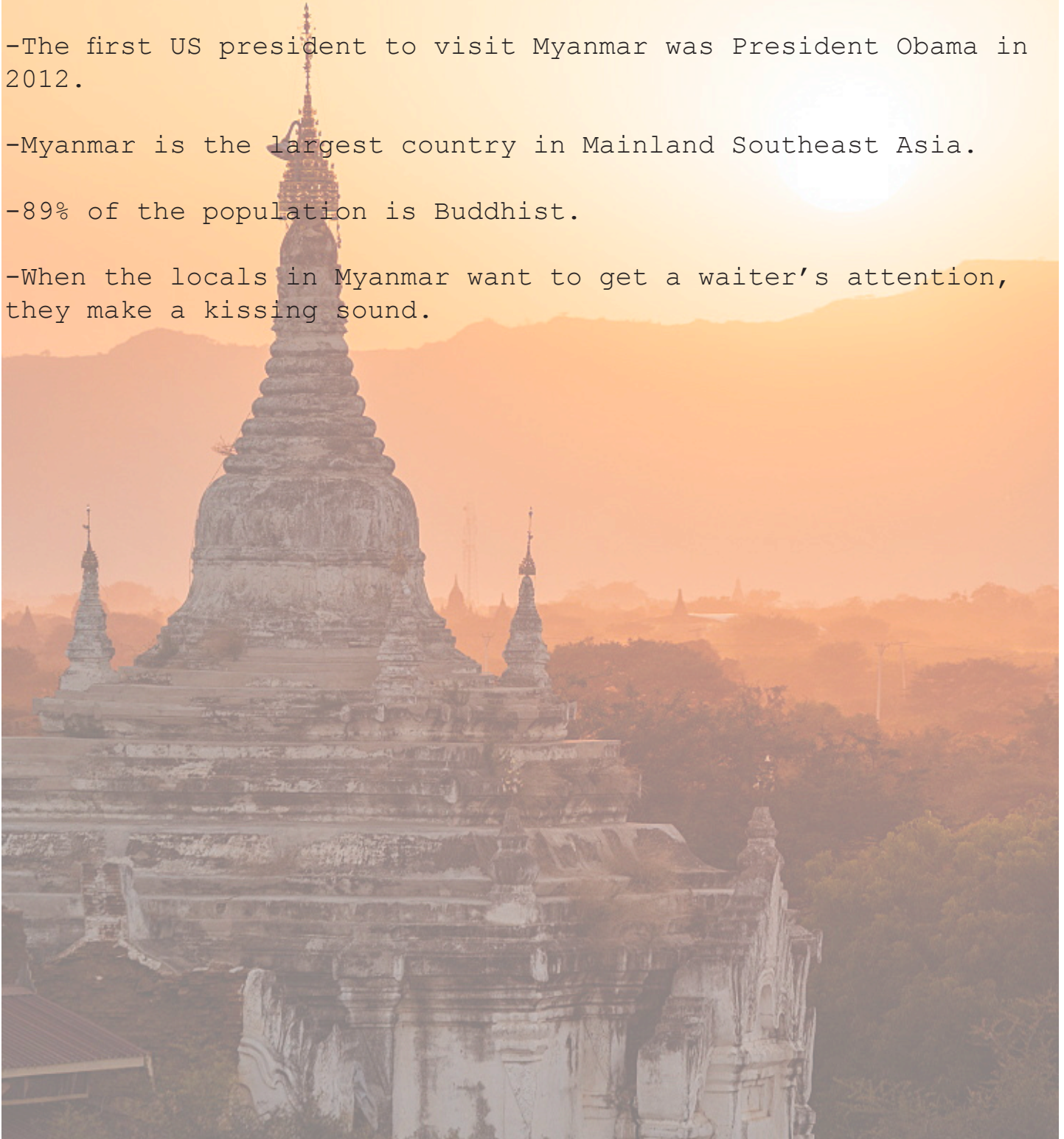
- 1 3/4 cups wheat flour
- 1/2 teaspoon salt
- 1/4 teaspoon baking soda
- 3 tablespoon sugar
- 2 eggs
- 3 1/3 cups milk
- 1/2 cups cream (can substitute more milk)
- 5 tablespoons butter
- vegetable oil to fry

- In a bowl, mix flour, salt and baking soda. Set aside.
- Mix eggs and sugar with a mixer.
- Add milk and cream while mixing.
- Gradually add the flour mixture and blend until smooth. The consistency of the batter should be a bit thicker than cream.
- Heat two pans over high heat. Melt butter and add it to the batter. Blend until smooth.
- Pour a tiny bit of oil in both pans.
- Use a scoop to pour the batter in the middle of the pan. Tilt the pan from side to side while pouring, forming a circle with the batter.
- Flip the pancake over with a thin spatula, after the surface looks porous and sides are golden.
- Fry for half of the time you fried the first side.
- Repeat with the rest.
- You might want to put them in the warm oven (not more than 70 °C/160 °F) to keep them hot before serving.

Recipe courtesy of: happykitchen.rocks/ultimate-russian-pancakes/

MYANMAR

- The most popular sport in Myanmar is soccer.
- The traditional sport of Myanmar is Chinlone, a combination of sport and dance with no opposing team.
- The first US president to visit Myanmar was President Obama in 2012.
- Myanmar is the largest country in Mainland Southeast Asia.
- 89% of the population is Buddhist.
- When the locals in Myanmar want to get a waiter's attention, they make a kissing sound.



COCONUT JELLY

2 1/2 c water
2 T agar-agar powder
1/2 c sugar
1 c coconut milk (canned or freshly pressed)
a pinch of salt

-Combine water, sugar, agar-agar and salt in a medium pan. Stir well.

-Over medium heat, bring to a boil, making sure the agar and sugar dissolves completely.

-Add the coconut milk and let it boil for a full minute.

-Simmer for 2 more minutes, and if you take a spoonful, you should see coconut milk solids separate.

-Remove from heat and pour into molds/pan.

-Let it set fully at room temperature.

-Once set, refrigerate for a few hours before serving. Serve cold.

-If you frustratingly cannot get your jelly to set, pour it back into the pot and try again, adding more and more agar agar.

SOMALIA

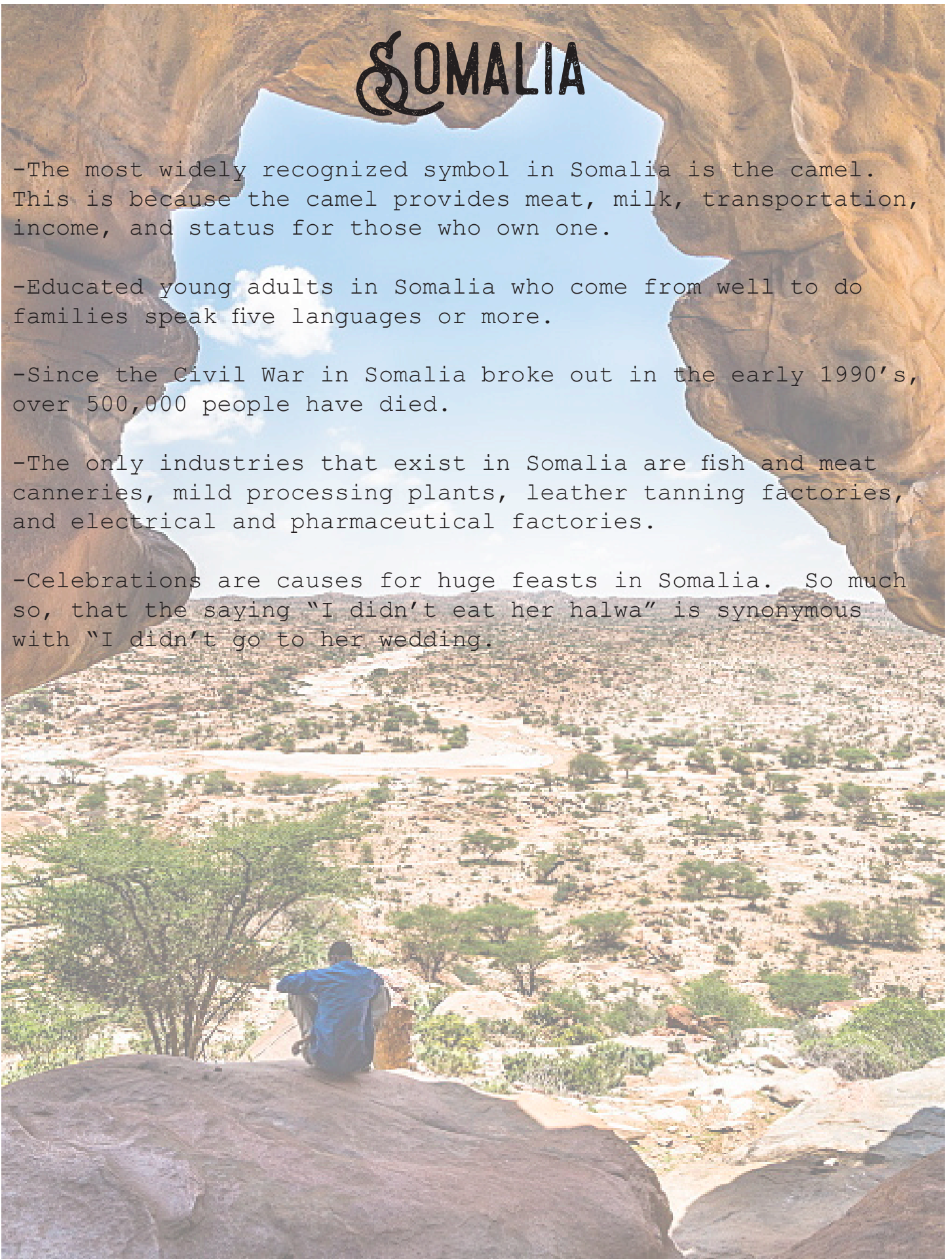
-The most widely recognized symbol in Somalia is the camel. This is because the camel provides meat, milk, transportation, income, and status for those who own one.

-Educated young adults in Somalia who come from well to do families speak five languages or more.

-Since the Civil War in Somalia broke out in the early 1990's, over 500,000 people have died.

-The only industries that exist in Somalia are fish and meat canneries, mild processing plants, leather tanning factories, and electrical and pharmaceutical factories.

-Celebrations are causes for huge feasts in Somalia. So much so, that the saying "I didn't eat her halwa" is synonymous with "I didn't go to her wedding."

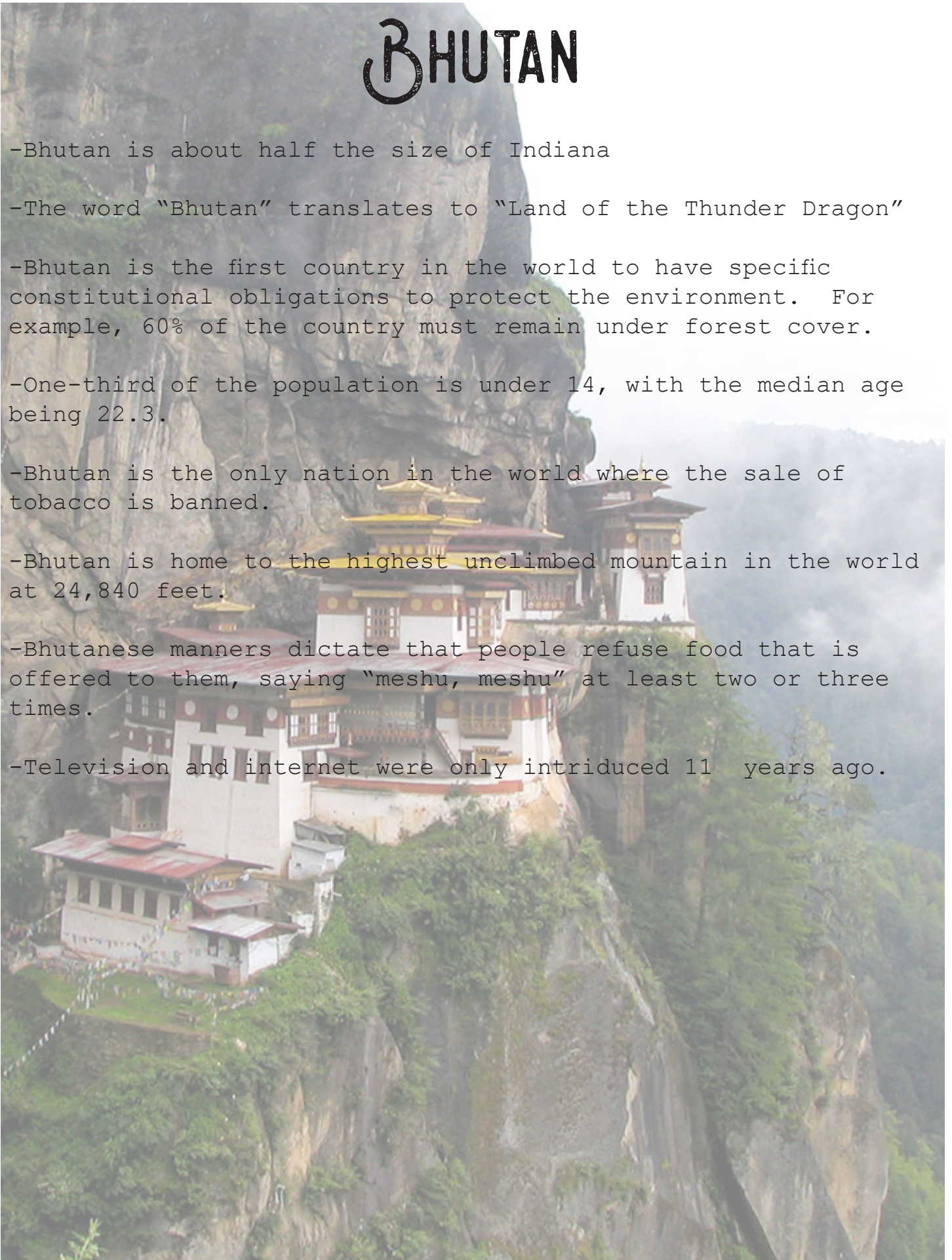




- 4 cups water
 - 2 cups white sugar
 - 2 cups light brown sugar
 - 1 cup cornstarch
 - 1 cup ghee (can sub oil if necessary)
 - 1 teaspoon ground cloves
 - 2 teaspoons ground cardamom
 - pinch nutmeg
 - pinch saffron powder (can sub orange food coloring)
-
- Bring sugar and water to boil
 - Meanwhile, mix cornstarch, saffron, and an additional half cup of water until dissolved.
 - Add cornstarch mixture to sugar mixture and cook over medium heat while stirring.
 - As the mixture thickens, slowly add ghee/oil to release it from the bottom of the pan. This may take 30 minutes.
 - Keep stirring until the ghee gets separated from the rest of the mixture.
 - When it starts to leave the sides of the pot, add the spices.
 - Pour mixture onto baking sheet.
 - Let cool.
- Cut and serve.

BHUTAN

- Bhutan is about half the size of Indiana
- The word "Bhutan" translates to "Land of the Thunder Dragon"
- Bhutan is the first country in the world to have specific constitutional obligations to protect the environment. For example, 60% of the country must remain under forest cover.
- One-third of the population is under 14, with the median age being 22.3.
- Bhutan is the only nation in the world where the sale of tobacco is banned.
- Bhutan is home to the highest unclimbed mountain in the world at 24,840 feet.
- Bhutanese manners dictate that people refuse food that is offered to them, saying "meshu, meshu" at least two or three times.
- Television and internet were only introduced 11 years ago.



EMA DATSHI

- 1/2 lb hot green chili (jalapenos, serranos, Thai chilis, your choice depending on heat tolerance or use poblanos or anaheim) Optional: add red peppers for color
- 1 medium sweet onion, diced small
- 3/4 cup water
- 1/2 lb farmer's cheese - paneer, queso fresco, or feta would work.
- 2 teaspoons vegetable oil (I like olive oil)
- 2 tomatoes, diced
- 4 garlic cloves, chopped
- Optional: 1/2 teaspoon fresh cilantro leaves, chopped

Remove seeds and ribs from chilis and cut chilis lengthwise into 1/2" slices.

Place chilis and onion in water with vegetable oil. Boil 10 minutes. Add tomato and garlic and simmer for 2 more minutes. Add cheese and simmer on low for 2 more minutes - enough to blend the cheese without completely melting it. Add cilantro and stir.

Serve with Bhutanese red rice or brown rice.

IRAQ

-In Arabic, the name Iraq means "deeply rooted, well watered; fertile."

-Baghdad had a fabled and labyrinthine network of underground tunnels that would stretch for kilometers. It had the capability to house thousands of Iraqi people, hospitals and even military command posts.

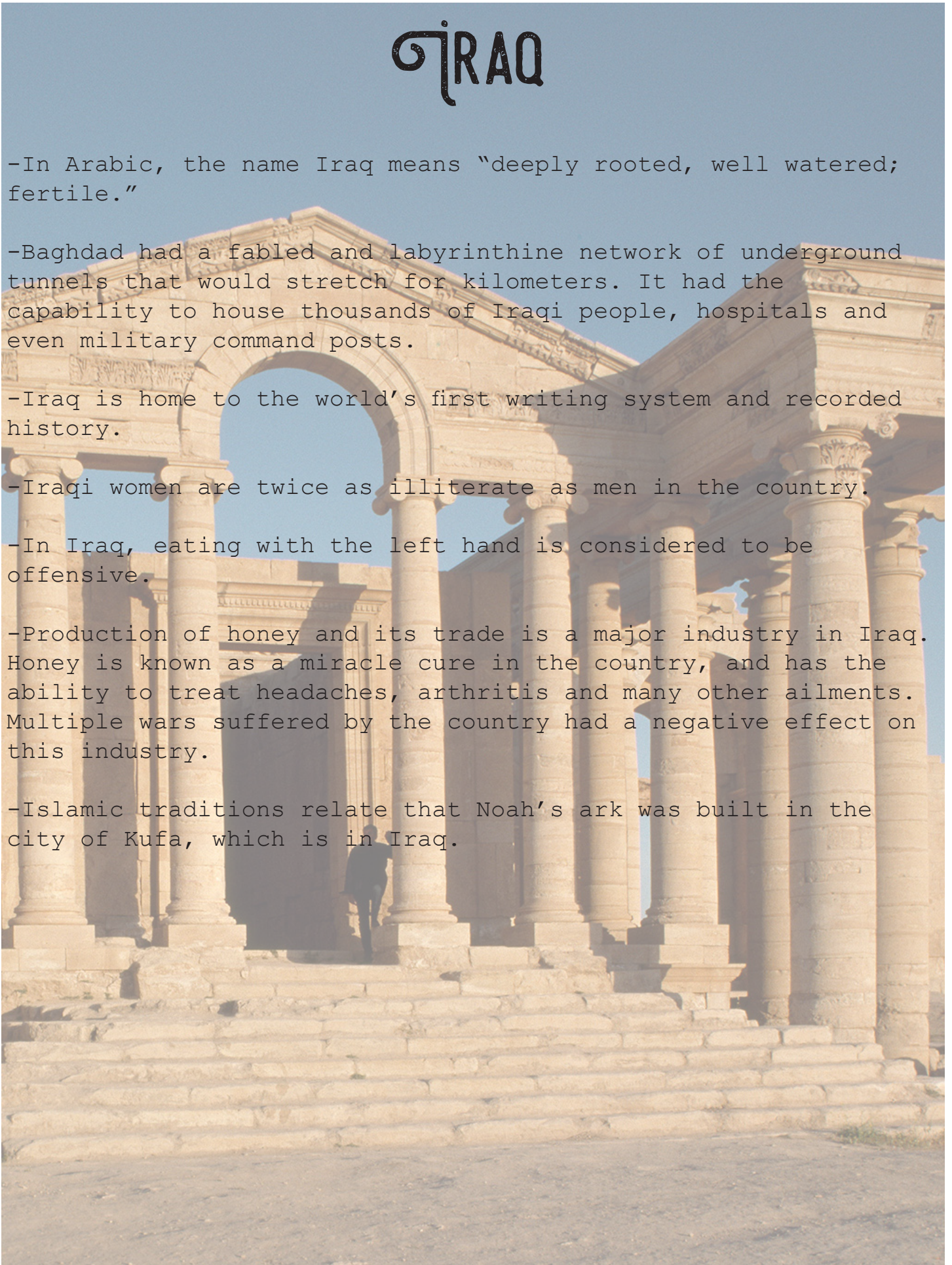
-Iraq is home to the world's first writing system and recorded history.

-Iraqi women are twice as illiterate as men in the country.

-In Iraq, eating with the left hand is considered to be offensive.

-Production of honey and its trade is a major industry in Iraq. Honey is known as a miracle cure in the country, and has the ability to treat headaches, arthritis and many other ailments. Multiple wars suffered by the country had a negative effect on this industry.

-Islamic traditions relate that Noah's ark was built in the city of Kufa, which is in Iraq.



KAH AND GEYMAR

4 Sheets filo dough
4 T melted butter
Honey
Geymar

Preheat oven to 350 degrees.
Lay filo on cookie sheet and carefully brush each layer with butter.
Bake until golden brown, approximately 20-30 minutes.

In a heavy pot, gently combine the cream and milk. Place on low heat, no longer stirring.

Patiently wait to reach a gentle boil, but be very careful not to boil over. Allow to rise a bit, about 30-40 minutes. Remove from heat.

To prevent condensation, place a large upturned colander on top of the saucepan. Cover very tightly with towels. Let sit at room temperature for at least 6 hours.

Remove towels and colander. Place lid on the pot and refrigerate for one full day.

The geymar is now the thick solid layer of cream that has developed on top of the excess milk. Carefully skim that layer off, transfer to a plate, folding over multiple times, and pour just a little of the extra milk on top.

Top filo with geymar and honey.

GEYMAR

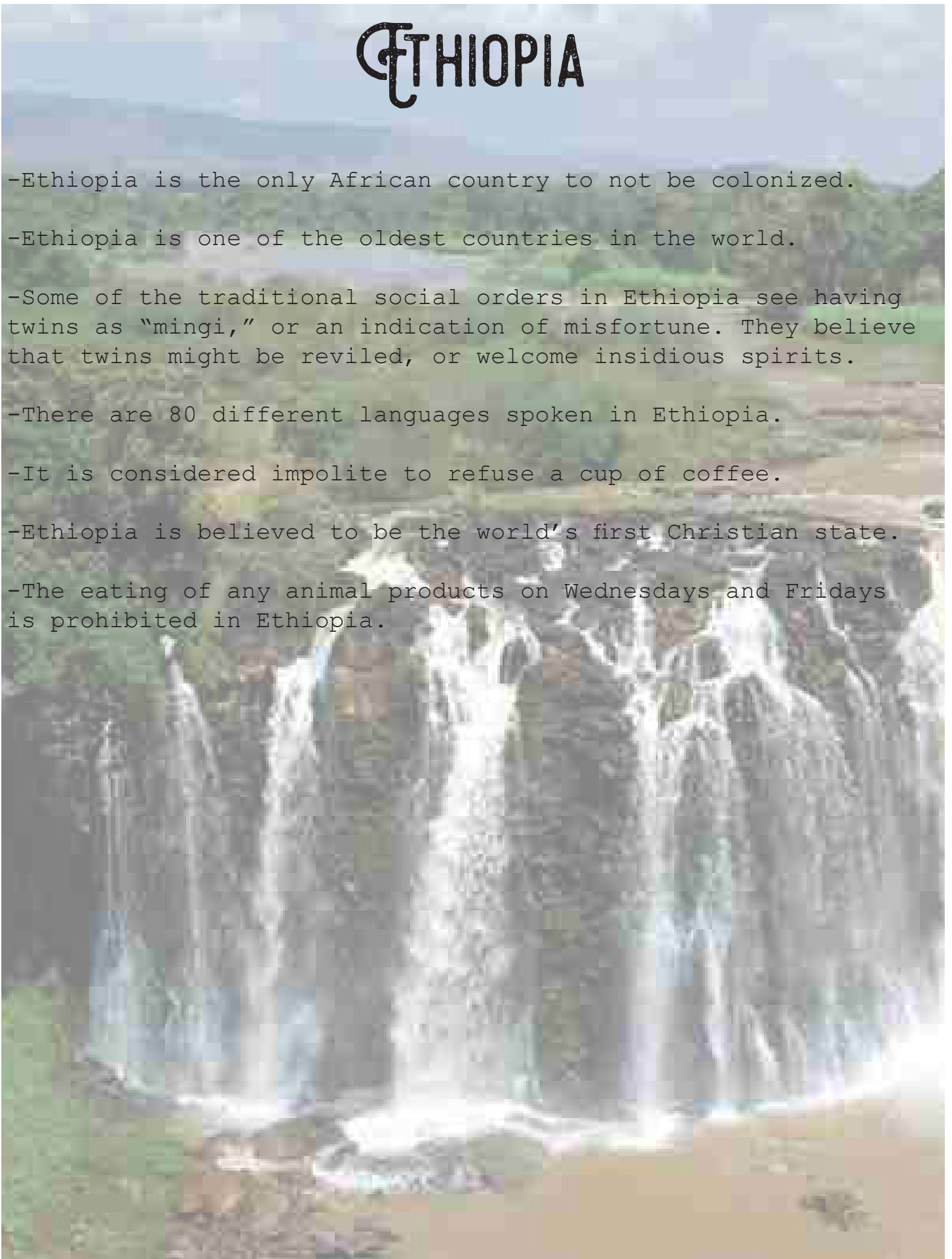
2 c milk (water buffalo most traditional, but cow's is okay).

2 c cream

****IMPORTANT NOTE:** Most milk and cream are ultra-pasteurized in the US and don't clot. Buy milk that is less pasteurized.

ETHIOPIA

- Ethiopia is the only African country to not be colonized.
- Ethiopia is one of the oldest countries in the world.
- Some of the traditional social orders in Ethiopia see having twins as "mingi," or an indication of misfortune. They believe that twins might be reviled, or welcome insidious spirits.
- There are 80 different languages spoken in Ethiopia.
- It is considered impolite to refuse a cup of coffee.
- Ethiopia is believed to be the world's first Christian state.
- The eating of any animal products on Wednesdays and Fridays is prohibited in Ethiopia.



DABO KOLO

2 cups wheat flour
2 tablespoons berbere
1 tablespoon sugar
1 teaspoon salt
1/2 cup water
4 tablespoons butter, softened (room temperature)

Preheat oven to 350°F

In a clean mixing bowl, combine and mix dry ingredients (flour, berberé, sugar, and salt).

Slowly add the water and mix so as to form a thick paste. Remove the mixture from the bowl and knead it on a lightly-floured surface for a few minutes to form a thick dough. Add the softened butter and knead for an additional five minutes. Let the dough rest in a cool place for ten minutes.

Divide the dough into handful-size pieces and roll these into long "pencils" not quite as thick as your small finger. Cut these rolls into pieces (scissors can be used), each piece no longer than the width of your finger.