

THE SUMMIT CULTURAL HERITAGE CENTER OF



PRESENTS

FAMILY & FRIENDS: AROUND THE WORLD

Take a bit of **Sudan** home with you
and make cultural connections

HERE'S WHAT YOU NEED:

Dinner Entrée: SHORBET ADS (Lentil Soup)

Ingredients

- 2 cups Ads Magroosh (split red lentils); 2 quarts stock (either chicken or lamb); 2 medium onions;
- 1 medium tomato; 1 medium carrot; 2 tablespoons finely chopped onions; 2 tablespoons olive oil;
- 2 tablespoons lemon juice; 2 teaspoons; Kammun—Cumin; salt; pepper

Method

Chop the vegetables into medium-size chunks. Wash lentils. Put stock into a 4-5 quart pot and bring to boil. Add the onions, carrot, tomato and lentils to stock. Lower the heat to simmer and cook for about 1/2 hour or until the lentils are tender. Puree the mixture in either a food processor or blender and return to pot. Saute the finely chopped onions in the olive oil until they are soft and brown. Add the cumin, lemon juice, sauteed onions, salt and pepper to soup and stir slowly over low heat for about 3 minutes.

HOMEMADE CRAFT: IGBO DRUM: Empty a coffee or tomato can and remove both tops with a can opener. Take a roll of twine and thread it through to cover the entire can. Tie a knot on the inside of the can. Measure a piece of canvas sheet (available at an art supply store) over the can's mouth with about 1-inch extra all around. Cut out the canvas circle. Trace the diameter of the can's mouth onto cardboard and cut it out. Glue the cardboard onto the center of the canvas. Let dry. Place the canvas over the mouth and secure with an elastic. Take some beads or cowrie shells (available from art supply store) and thread them through cut elastic bands that fit around the can. Replace the plain elastic with the decorated one. Repeat for 3 or 4 elastic bands to decorate the drum. Play your drum with your hands or a wooden spoon.

BACKGROUND MUSIC SUGGESTIONS: Traditional African music from instruments such as **toms, rababas (viola-like stringed instruments with a hide-covered body), and the oud (a lute).**

SIMPLE DIALOGUE TO TRY OUT (PHONETIC ARABIC):

Hello! How are you? *Keef khalaak* (Egypt); *AH-lahn wah SAH-lahn* (more classical Arabic in Sudan);
How are things? *Iz-ZI el-ah-WAHL?* My name is _____; *A-nah IS-mee* _____; Thank you! *Shulkron*

KEY FACTS YOU SHOULD KNOW:

- Sudan is the largest country on the continent of Africa
- More than 300 tribes; more than 100 tribal languages; Arabic is the official language
- Called "Mini-Africa" because of its diversity
- Religions: 60% Muslim; 25% Animist; 15% Christian
- Sudanese coffee, cuisine and hospitality are special and distinctive
- Soccer is a very popular sport
- 26.6 million people; pop growth 2.8%; 6th fastest growing economy in the world
- Agriculture production is the cornerstone to Sudan's economy, employing over 80% of the work force and accounting for nearly 40% of the Gross Domestic Product
- Oil resources have generated a lot of economic change in the country

WEBSITES FOR RESOURCES: WWW.SUDANEMBASSY.ORG; WWW.VALENTINOACHAKDENG.ORG