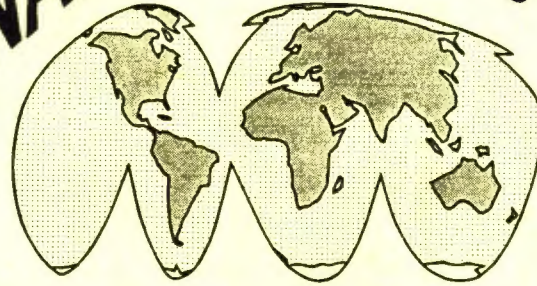


NSAC



INTERNATIONAL STUDENTS ASSOCIATION



*A TASTE OF THE
CARIBBEAN
& MORE*

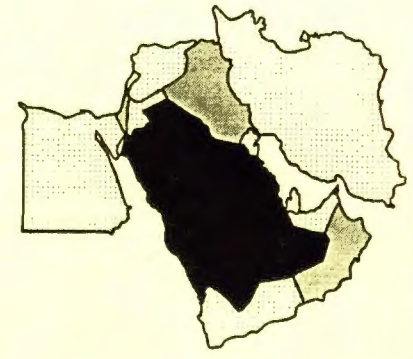
INTERNATIONAL NIGHT

1995



RECIPE AND INFORMATION

BOOKLET



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3246

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UNIV
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3246

Welcome to the NSAC International Student Association
1995 International Dinner.

We are quite pleased that you are able to
attend.

This book was created so that you can learn about other
countries and be able to prepare the different foods
from around the world.

The information was kindly contributed from
students and staff who would really like you
'to experience the difference'

Sincerely,
June Graham and Amy Wright (editors)

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RECIPES

BRAZIL

(Contributed by: Andreea Machado Wolf)

Nega Maluca (chocolate cake)

1 cup cocoa
2 cups sugar
2 cups flour
1 cup cornflour
1 cup warm milk
3 eggs (separated)
1 cup oil
1 heaping tsp baking soda

1. Mix dry ingredients together excluding baking soda.
2. Mix milk and oil, then put wet ingredients into dry.
3. Beat yolks into the above mixture, then add baking soda to it and beat.
4. Beat egg whites until stiff, then add to the mixture.
5. Bake at 350° for about 1/2 hour in a greased 9x13 pan.

ESFIHA

(Contributed by: Andreea Machado Wolf)

1/2 kg. flour
1 tsp. sugar
30 g. yeast
1/2 oil
1 cup warm milk
1 tsp. salt
1 egg yolk (beaten lightly)

DOUGH

1. Mix the yeast, sugar, salt and oil together.
2. Mix well with flour and knead well. Let rise for 30 minutes.

FILLING

300 g. ground beef
1 large onion chopped
2 tomatoes chopped
salt, pepper, parsley, green onion, mint
juice of 1 lemon
1 clove of garlic, crushed

1. Roll dough thinly, then cut into triangles.
2. Drop a bit of filling into centre of triangles and fold up corners. Pinch edges together
3. Put on a cookie sheet
4. Take 1 egg yolk and add a bit of coffee to it (about 2 tsp.)
5. Then brush tops of esfihas with the mixture.
6. Bake at 350° until golden brown.

CARIBBEAN

CURRY CHICKEN

(Contributed by Shelley Mensah)

3 lbs chicken
 1 onion chopped
 3 cloves garlic
 4 tbsp oil
 6 tbsp. hot curry powder
 2 tbsp. cumin powder
 4 tbsp. chicken soup base
 1 tsp. ginger (ground ginger powder)

1. Take the skin off the chicken. Season chicken with all the spices including garlic and set aside. Cook in a large pot with oil.

PINEAPPLE RUM UPSIDE DOWN CAKE

(Contributed by: Shelley Mensah)

1/2 lb butter	2 tsp. baking powder
1 cup sugar	vanilla essence
1 cup flour	milk to mix
1 cup coconut	pinch of cinnamon and
4 eggs	nutmeg
1/2 cup guava jam / red current jelly	dash of bitters

1. Cream butter and sugar in mixing bowl light and fluffy. Beat eggs separately. Add to butter and sugar mixture turning constantly.
2. Sift flour, baking powder, cinnamon and nutmeg into mixture. Combine with milk and mix well. Add bitters vanilla. Mix again.

1/4 cup margarine
 3 tbsp. brown sugar
 1 can pineapple slices
 3 tbsp. rum

3. Melt butter on stove, add brown sugar arrange pineapple in pan with cherries over butter in sugar in pan. Pour the sponge cake batter over it and bake at 350 until brown.

COSTA RICA

PAPAS CON CHORIZO (Potatoes with Pork Sausage) (Contributed by: Marco Medina)

6 medium potatoes peeled and quartered
1/2 kg pork sausage
1/2 teaspoon achiote (Paprika)
1/4 teaspoon salt
1/4 teaspoon Worshister Sauce

1. Skin pork sausage and cut into two inch pieces.
2. Cook sausage slowly in casserole for 15 minutes.
3. Pour off some of the grease from the pork sausage.
4. Add achiote, potatoes, Worshister Sauce and salt and cook over low heat 45 minutes.
5. Serve hot with rice.--6 servings

GALLO PINTO (Rice and Beans) (The Traditional Costa Rican Dish) (Contributed by: Marco Medina)

3 cups 'day old' cooked rice	3 strips bacon, cooked, drained crumbled.
2 cups cooked black beans	2 tbsp. oil
2 tbsp. onions, finely chopped	1/2 tbsp. Worshister Sauce
1 tbsp. bell pepper, finely chopped	1/2 tbsp. Tabasco Sauce, optional
2 tbsp. fresh coriander, finely chopped	

1. Saute onion and bell pepper in oil on medium heat.
2. Add beans and cook 2 minutes longer.
3. Add rice and mix, cook 3 minutes more.
4. Add Worshister Sauce, Tabasco Sauce and coriander, mix well.
5. Garnish with bacon crumbs. 6 servings
6. If desired, top with sour cream.

INDIA

RED LENTILS (Whole Small size) DAL (Contributed by: Mr. B. Sodhi)

1 cup Dal
6 cups water
1 1/2 tsp. salt
1 tsp. tumeric
1/4 tsp. chili powder

1. Boil for half an hour then add: 1 onion chopped, 3 cloves garlic, 1 tbsp. fresh ginger and 4 cups of water.
2. Stir the mixture, cover and let simmer on medium heat.
3. Meanwhile, heat 1/4 cup 20/80 and fry 1 chopped onion until golden. Add 1/4 cup canned tomatoes. Cook for 2-3 minutes more, until the paste gets thick.
4. Stir this paste into the simmering Dal. Cover and continue simmering until Dal is soft--about 30 minutes or so.
5. Garnish with 1/2 tsp. garam masala and fresh coriander.(optional)

CHAPPATIS
(Indian Bread)
(Contributed by: Mr. B. Sodhi)

2 cups whole wheat flour
1 cup water

1. Make a soft dough, knead thoroughly and set aside for about 10 -15 minutes.
2. Form into 10 to 12 small balls and roll out into thin pieces - the size of a small pancake.
3. Now heat a heavy iron skillet. Cook the Chappatis turning both sides until slightly browned. Brush with butter and eat while they are hot.

ITALY

ITALIAN RECIPES (From: The Great Italian Cookbook)

COZZE AL FORNO
(Baked Mussels)
(Contributed by: Francesco Lai)

4 dozen mussels
1 tbsp. vinegar
Olive oil
Juice of 2 lemons

Small bunch parsley
Salt
Freshly ground pepper
4 cloves garlic
Fine Italian-spiced breadcrumbs

1. Rinse the mussels thoroughly under cold running water.
2. Scrub vigorously with a stiff brush to remove beards and barnacles. Discard any that are open. With a short sharp knife open and discard one half of each shell. (reserve any liquid or juice produced from during the preparation and pass through a fine sieve.)
3. Mix it in a small bowl with the vinegar, 6 tbsp of olive oil, the lemon juice and finely chopped parsley, season with salt and pepper and set aside.
4. Place the mussels on the half shell in a single layer in one or more large, shallow oven proof dishes.
5. Sprinkle with prepared mixture, followed by more oil mixed with the peeled and minced garlic. Cover each shell with a generous sprinkle of bread crumbs.
6. Bake in oven at 400-450°F for about 1/4 hour.
7. Serve very hot straight from the dish.

PASTA ALLA ZINGARA
(Pasta in spicy tomato and olive sauce)
(Contributed by: Francesco Lai)

10 oz pasta (eg. Penne Rigate)
Salt
4 ripe tomatoes
8 black olives
2 cloves garlic

1 red chili pepper
3 tbsp olive oil
Oregano
Grated Parmesan or
Crotonese cheese

1. Skin the tomatoes, remove the seeds and chop.
2. Pit the black olives and chop.
3. Fry the garlic cloves and chopped chili pepper in the oil, add the tomatoes, olives and oregano and salt to taste.
4. Cook the pasta in plenty of boiling salted water for about 10-12 minutes. (till al dente)
5. Drain and cover with the sauce. Serve with grated Parmesan cheese.

JAMAICA

JAMAICAN CURRIED GOAT (or lamb) (Contributed by: Weston Fray)

2 tbsp cooking oil	1 tbsp. wine vinegar
1 lb. boneless goat mutton or lamb, cut into 1 inch cubes	1 tsp. curry powder
2 large onions, peeled and finely sliced	salt to taste
2 tsp. allspice (ground)	Pinch cayenne pepper
2 cups stock, consomme or bouillon	1/4 bayleaf
	2 dashes Tabasco sauce
	boiled rice

1. Brown meat quickly in oil. Remove, then cook onion in oil until soft but not brown.
2. Stir in curry powder, allspice. Cook stirring, for a few moments, then stir in stock, vinegar, salt, and cayenne.
3. Return meat to pan and simmer slowly for 2 hours.
4. Add bayleaf about 30 minutes before the end.
5. Just before serving, stir in Tabasco sauce and serve surrounded by rice. ---Serves 4.

RICE AND PEAS

(Contributed by: Amy Wright)

3 cups rice	salt as per taste
1 cup red peas (red kidney bean)	1 clove garlic
1 medium size coconut	1/4 tsp. black pepper
2 stalk green onion or leeks	1 quart hot water

1. Grate coconut and using the quart of hot water, extract the milk by adding two cups of water at a time and squeezing the milk through a sieve after each addition until the water is finished. (Precanned coconut milk can be used)
2. Place peas in a saucepan with the coconut milk and add the clove of garlic, slightly bruised. Cook until peas are tender, but not overcooked.
3. Add eskellion (green onion/leek), salt, black pepper, and rice; adding more water if necessary in order to boil the rice properly.
4. Cook over medium heat, covered, stirring once or twice until the rice is well cooked.

NOTE: Do not add salt to peas before they are cooked. Rice and peas may be served with chicken/beef etc.

JAPAN

SQUASH RECIPE

(Contributed by: June Graham)
(Thanks to Kelley {Tsumura} Luk)

1 small eggcorn squash (1 1/2 lbs) (unpeeled)	3 tbsp sugar
1 1/2 cups water	1 tbsp rice wine (Mirin)
1 tsp. Dashi-no-moto (fish based soup)	1 tbsp Sake wine
1 tbsp soya sauce	1 green onion (minced)

1. Wash and dry squash, cut into 1 inch chunks, leave skin on.
2. Put water, Dashi-no-moto, soya sauce, sugar, rice wine and sake into a medium size sauce pot. Bring it to a boil.
3. After it has reached a boil, reduce heat and add squash.
4. Cover and let simmer for 20 -30 minutes. Don't let all the water evaporate. The squash should be left with a glazed appearance.
5. Add onions ---4 servings

Stringed Beans with Sesame Seed-Miso dressing.

(Saya-Ingen Goma Aye)
(Contributed by: June Graham)
(Thanks to Kelley {Tsumura} Luk)

- 1 lb fresh stringed beans
1. Boil until crisp, then French cut.

Dressing

2 tbsp dry roasted sesame seeds	1 tsp fresh lemon juice
3 tbsp Miso (fermented soya bean paste)	1/2 tsp soya sauce
1 tbsp sugar	1/2 tsp freshly grated orange or lemon skin
2 tbsp Mirin	

1. Prepare Sesame seeds by using a pestle and grinding them.
2. Add the remaining ingredients until a paste-like appearance.
3. Add to the stringed beans and toss.

KOREA

GINSENG TOSSED SALAD

(Contributed by: Professor Hal Ju)

Lettuce head (small) coarsely shredded	Red onion, 1 (small) sliced into rings, then cut into bite size pieces
Fresh ginseng roots, 2 to 3, thoroughly cleaned with a soft brush	Green onions, 1-2 stalks, julienned 1 1/2 inch long
Spinach, several leaves, torn into bite size pieces	Oil and vinegar based dressing

1. Cut the cleaned ginseng roots into thin strips about 1 1/2 inch long.
 2. Combine the vegetables and ginseng strips and toss well
 3. Serve with oil and vinegar based dressing.
- N.B. You may add an Oriental flavour to the salad by tossing it with a mixture of soy sauce, vinegar, sugar, toasted sesame seeds, black pepper, and a few drops of sesame oil.

DEEP FRIED GINSENG
(Contributed by: Professor Hal Ju)

Fresh ginseng roots, several cleaned

BATTER MIX:
Flour 1/2 cup
Cornstarch 1/4 cup
1 egg
Dash of salt
Baking powder 1/4 tsp.
water 1/2 to 3/4 cups
MSG (optional)

DIPPING SAUCE:
Soy sauce 1 tbsp.
Sherry 1 tbsp.
Vinegar 1/4 tsp.
Sugar 1/4 tsp.

- 1) Pound the cleaned ginseng roots lightly and cut them in half or quarter lengthwise.
- 2) Prepare the batter mix.
- 3) Coat the ginseng slices with batter.
- 4) Deep fry over medium heat.
- 5) Serve with the dipping sauce: mix soy sauce, sherry, vinegar, and sugar.

GINSENG AND BEEF
(Contributed by: Professor Hal Ju)

Tender loin, 1/2 lbs. cut into narrow strips about 1 3/4 inch long
Fresh ginseng roots, 2-3, cleaned
Green onions, 3-4 (small) stalks, cut into 1 3/4 inch lengths.

Soy sauce
Sherry
Sugar
Black pepper
Garlic powder
Sesame seeds, toasted
Sesame oil, Vegetable oil

- 1) Marinate the beef with a mixture of soy sauce, sherry, and sugar.
- 2) Cut the cleaned ginseng roots into pieces, about the size of the meat strips.
- 3) Stir fry the meat in vegetable oil. Add ginseng strips and continue frying briefly seasoning with sherry, black pepper, garlic powder, sugar, sesame seeds, and salt.
- 4) If you are familiar with wok-cooking, you may cook the beef and ginseng the Chinese way using the chopped garlic and ginger.
- 5) Add the green onions. Cook briefly and garnish with sesame oil.

LEBANON

TABOULI
(Contributed by: Wendy Joseph)

1 cup fine crushed wheat
1 large bunch parsley, finely chopped
1 medium onion or 3 green onions, cut small
4 tomatoes, sliced
3 tablespoons olive oil

juice of 1 lemon
1 teaspoon salt
pinch of pepper
1 tablespoon fresh or dried mint
few leaves of lettuce

1. Rinse the crushed wheat with water, drain and set aside for one hour until the wheat is tender enough to eat.
2. Add all the other ingredients to the wheat and toss well. Garnish well.

Tabouli, unlike many salads, tastes great the second day once the wheat and parsley absorbs the lemon flavour.

MAURITIUS

CATLESSES DE POULET (Adapted from Curries and Indian Food) (Contributed by: Vijaya Pillay)

500 g. boneless chicken breasts	1 clove garlic, crushed
4 spring onion, finely chopped	1 tsp. cumin, ground
3 tomatoes, skinned, seeded and chopped.	1 tsp. of garam marsala (cloves, pepper, & cardamom)
fresh coriander, thyme	1 egg broken
fresh ginger root	oil
1 1/2 cups breadcrumbs	

1. Mince chicken. Add 1/2 breadcrumbs, onion, tomatoes, coriander, garlic, ginger, cumin, garam marsala, salt, chili pepper. (optional) and egg.
2. Mix well and form into patties. Roll patties in remaining breadcrumbs.
3. Deep fry pans. Serve hot.

SINGAPORE

ROAST PORK RIBS (Contributed by: Hai-Choo Lim)

Pork ribs (2 lbs)	cooking wine 1 tbsp.
Soya sauce 1 tbsp.	garlic powder, onion powder, ginger powder---1 tsp each
Oyster sauce 1 tbsp.	salt 1/2 tsp.
Chili sauce 1 tsp.	dash of pepper
Sesame oil 1 tsp.	1 tbsp. of honey
Sugar 3 tbsp.	

1. Pork ribs, wash and chopped into small pieces, put in a big bowl and season with the seasoning sauce for 3-4 hours or longer.
2. Mix the remaining ingredients --Seasoning sauce
3. Preheat oven to 400° F, arrange pork rib in single layer on a lined metal baking pan and bake for about 1 hour in the oven. Turn the ribs 1-2 times during baking (if the ribs getting too dry or a little burn, turn down the oven temp. to 375°F after 30 minutes.

St. VINCENT

ARROWROOT AND COCONUT CAKES (Contributed by: Sylvester Lynch)

1/4 cup margarine	1/2 tsp. baking powder
3/4 cup flour	1 egg
3/4 cup arrowroot starch or flour	1/2 cup grated coconut
1/2 cup sugar	2 tbsp. raisin
	1/4 cup milk

1. Cream together sugar and margarine until fluffy. Add egg
2. Then dry ingredients alternating with milk and vanilla mixture. Mix well.
3. Add floured raisins and mix again.
4. Spoon mixture into greased muffin tins. Bake at 350°F until brown. Yields approximately 24.

ZIMBABWE

**ZIMBABWEAN NYAMA AND MBATATISI
(Beef Stew and Mashed Potatoes)
(Contributed by: Vimbai Dune)**

Beef Stew

Beef 2 lbs

Carrots

Peas green

Beans

Potatoes 4-5 potatoes

Onions

Tomatoes puree/paste

Oil

Salt

Spices/Curry

Mashed Potatoes

Margarine

Potatoes

1. Cook beef until tender.
2. Fry in oil.
3. Add onions, tomatoes, spices and salt. (to suit personal taste)
4. Separately boil vegetables. (to suit personal taste)
5. Mix the two dishes and leave at low heat for a few minutes.
6. Serve with mashed potatoes

AN INTERNATIONAL FACT SHEET

COSTA RICA

(Contributed by: Marco Medina)

Capital City: San Jose

Type of Government: Republic. There are four branches of government:

- 1) The Executive, which consists of the president, two vice presidents and advisers.
 - 2) The Legislative Assembly, with 57 individually elected deputies.
 - 3) The Judicial Branch which consists of civil, criminal, and appellate courts and a Supreme court.
 - 4) The Electoral Tribunal which supervise elections.
- The President and members of the Legislative Assembly are elected for four years and can not run for reelection.

Population: 3.2 million

Area: 51,100 sq. mile

Languages spoken: Spanish (official language), but many Ticos speak English as a second language and most people on the Caribbean coast speak "Patois" or creole English, as a first language.

Religions: Roman Catholic 88%, Other 12%

Literacy Rate: 93%

Life Expectancy: Males--75 years, Females--79 years

Agriculture: Sugarcane, Bananas, Rice, Coffee, Plantains, Grains, Corn, Oranges, Pineapples, Palm Products, Cocoa, Flower, Plants.

Main Exports: Clothing, Bananas, Coffee, Sugar, Beef, Cocoa

Climate: Rainy Seasons: May-December

Dry Seasons: December- May

ETHIOPIA

(Contributed by: Professor Tessema Astatkie)

Country: Ethiopia, located in North - East Africa, is one of the oldest countries whose history can be traced back to 1000 B.C.

Capital City: Addis Ababa, with approximately 3 million residents

Total Population: (approx.) 55 million

Land Size: (approx.) 1,200,000 sq.km. (almost twice the size of France)

Languages spoken: Amheric (official) , with its unique alphabet, and about 80 ethnic languages.

Economy: Mainly agricultural. Main exports are coffee, oil seeds pulses, vegetables, sugar, food stuffs for animals, cattle, hides and skins. Keffa, a province in Southern Ethiopia, is where coffee was first discovered.

Climate: Dry Season: October-May.

Rainy Season: June - September.

Temperature: (In Capital city, which is the centre of the country) 15-28°C all year round.

Dallol depression, the hottest spot in the world with an area of about 100 sq. km., with an altitude of 100 metres below sea level is found in the rift valley of Ethiopia.

N.B. Ethiopia is the centre of attention to archaeologists for understanding the origin of human being. Archaeologists found Lucy (the oldest human skeletal remains) in eastern Ethiopia in 1974. Lucy , named after the song "Lucy in the sky with Diamonds" that the archaeologists were listening to at the time of discovery, is about 3.5 million years old .

GHANA

(Contributed by: Professor: Sam Asiedu)

Capital City: Accra
Population: (approx.) 15 million
Location: West Africa
Languages spoken: Akan Ga, Ewe, Dagbarri, Housa, Nzima and English.
Main Crops: Cocoa, Coffee, Oil Palm, Plantain, Yam
Main Exports: Cocoa, Gold, Diamonds, Timber.
Seasons: Dry months: November-February Temp. 25°C
Rainy months: March-October Temp. 28°C

INDIA

(Contributed by: Mr. B Sodhi)

Capital City: Delhi or New Delhi
Languages spoken: Hindi, English, and many more
Location: South Asia
Main Crops: Wheat, Rice, Cotton, Sugarcane etc.
Main Exports: Textiles, Handicrafts etc.
Seasons: Generally mild 30°C
Winters 10-20°C

ITALY

(Contributed by: Francesco Lai)

Official Name: Repubblica Italiana (Italian Republic)
Capital City: Rome
Population: (1993) 57,235,000
Languages spoken: Official Language-Italian
Form of Government: Republic with two legislative houses.
(Senate and Chamber of Deputies)
Chief of State: President
Head of Government: Prime Minister
Main Crops: Sugar beets, Grapes, Wheat, Corn, Tomatoes, Potatoes,
Olives, Apples, Barley, Peaches, Pears, Soybeans etc.
Main Exports: Machinery and transport equipment, Chemicals and
chemical products, Textiles, Wearing apparel etc.

JAMAICA

(Contributed by: Amy Wright)

The Flag: The flag's green triangles stand for agriculture and hope for the future. The yellow stripes stands for the sun. The black triangles stand for the past including the African heritage of the majority of the Jamaican people.
Major Crops: Blue Mountain coffee, Sugarcane from which rum is produced and Pimento, otherwise called 'All Spice' a name that speaks for itself.
Main Foods: Rice, Peas, Jerk pork/chicken, curry goat, Ackee & Salted Fish.
Natural Attractions: Dunns River Falls in the garden parish of St. Ann, the Negril beach with seven miles of white sand and the Rio Grande in Portland.

LESOTHO

(Contributed by Lucia Phakisi)

Capital City: Maseru

Population: (approx.) 1.5 million

Official Language: Sesotho

Land Size: (approx) 3,035,000

Location: In the Centre of the Republic of South Africa.

Type of Currency: Maluti

Climatic Conditions: Rainfall in the lowlands average about 735 mm with about 80% occurring during the warmer growing seasons October-March.

Temperatures in the lowlands are generally about 15°C, with a mean temperature of 20°C in January and winter has a mean temperature of 7.4°C

The mountain areas can reach a high of 35°C in the Summer, and a low of -12.5°C in the Winter.

MAURITIUS

(Contributed by: Vijaya Pillay)

Bon appetit! Et bon voyage towards this little dot situated 2000 km. from the east coast of Africa named 'Star and Key' of the Indian Ocean. The oval shaped island is of volcanic origin, with an area of 1,864 sq. km. almost entirely surrounded by coral reefs. Within these reefs are peaceful lagoons, ringed by smooth beaches of white coral sand.

The population of Mauritius, originally from Europe, Asia, and Africa is today over one million. In this multicultural society, with its diverse cultures and traditions, has evolved and flourished a very unique cuisine.

RWANDA

(Contributed by: Francis Kabananiye)

Capital City: Kigali

Population: (approx.) 10 million

Land Size: 26,338 sq. km.

Languages spoken: Rwanda (Kinyarwanda), French, and Swahili

Religion: Roman Catholic (68%), Islam (9%)

Location: South of the Equator in east central Africa.

Borders: Zaire (West), Uganda (north), Tanzania (East), Burundi (south)

Main Crops: Tea, Coffee, Pyrethrum

Cultural Life: Music and dance play important roles in traditional cultural life.

Seasons: Rainy Months: Mid January-Mid May; Mid October-Mid December

Temperatures: The average is 23°C over most of the country, but in the mountains it can fall to 15°C.

SINGAPORE

(Contributed by: Hai-Choo Lim)

Population: (approx.) 3 million, 2nd highest living standards in the Far East after Japan.

Location: SouthEast Asia, off the southern tip of Malay peninsula.

Languages spoken: Four Official Languages: English, Chinese, Malay and India, but English is the most important one.

Industry: Financial and Trade Centre, largest and most busy import-export seaport in the world, many high tech industries. It is one of the top "four dragons" in the Pacific rim.

Weather: Tropical country, no winter or summer, only raining and dry seasons, average temperatures around 78-80°F.

St. VINCENT

(Contributed by: Sylvester Lynch)

St. Vincent is a lush, volcanic caribbean island of steep mountains and ridges valleys and waterfalls. The rugged eastern coast is line with cliffs and rocky shores while the western coastline dips sharply down to black and gold sand beaches.

Official Language: English

Major Crops: Coconut, Bananas, Breadfruit, Nutmeg, and Arrowroot

Main Sport: Cricket

SOMALI

(Contributed by: Hodan Ahmed)

Population: (approx) 6,514,629

Birth rate: (approx.) 41.95 births/1000 population

Death rate: (approx.) 28.41 deaths/1000 population

Life expectancy at birth: total population: 32.91

Male: 32.86

Female: 32.95

Total fertility rate: 6.4 children born/woman (Approx.)

Land Size: (approx.) 627,340 sq.km (slightly smaller than Texas)

Location: Eastern Africa, bordering the northwestern Indian Ocean, south of the Arabian Peninsula.

Religion: Sunni Muslim

Languages: Somali (official), Arabic, Italian, English.

Climate: Desert; northeast monsoon (December-February), cooler southwest monsoon (May -October); irregular rainfalls; hot, humid periods(tangambili) between monsoons

ZIMBABWE

(Contributed by: Judith Kwaramba and Vimbai Dune)

Country: Zimbabwe (formerly Rhodesia)

Transition from Rhodesia (British Colonel to Zimbabwe) went through from 1978 as Zimbabwe-Rhodesia, then in 1980 it was Zimbabwe.

Population: (approx.) 12 million

Capital City: Harare

Location: Southern Africa

Languages spoken: English (Official Language), Shona, Nbedele, Kalanga, Venda, and many dialects.

Main Crops: Tobacco, Maize, Cotton, Barley, Groundnuts, Wheat, etc.

Climate: Summer months: December-March Temperature: 15-30°C

Winter months: June-August Temperature: 0-9°C

'WHERE IN THE WORLD, WOULD I FIND INTERNATIONAL RESTAURANTS'

TORONTO:

- 1) **Mr. Jerk**
8 Dundas St. East--near Yonge Street
(416) 596-7782
- 2) **Michidean**
758 Dovercourt Road
- 3) **The Real Jerk**
240 Richmond Street. West at Duncan
(416) 593-0628

HALIFAX:

- 1) **LynD's Caribbean Deli and Cafe**
1520 Queen Street
Halifax.
(902) 492-8100

