

Multicultural Festival 2024

Poems

On This Land

By Mahmoud Darwish

Submitted by Sarah Kassis

We have on this land that which makes life worth living
We have on this land all of that which makes life worth living
April's hesitation
The aroma of bread at dawn
A woman's beseeching of men
The writings of Aeschylus
Love's beginning of men
The writing of Aeschylus
Love's beginning
Moss on a stone
Mothers standing on a flute's thread
And the invader's fear of memories
We have on this land that which makes life worth living
September's end
A woman leaving 'forty' behind
With all of her apricots
The hour of sunlight in prison
A cloud reflecting a swarm of Creatures
A people's applause for those who face their own erasure with a smile
And the Tyrant's fear of songs
We have on this land all of that which makes life worth living
On this land
The mother of all beginnings
And the mother of all ends
She was called Palestine
Her name later became Palestine
My lady....
Because you are my lady
I have all of that which makes life worth living

Hombres Necios

Sor Juana Inés de la Cruz
Submitted by Victor Torres

*Hombres necios que acusáis
a la mujer sin razón
sin ver que sois la ocasión
de lo mismo que culpáis:
si con ansia sin igual
solicitáis su desdén
¿por qué queréis que obren bien
si las incitáis al mal?*

*Combatís su resistencia
y luego, con gravedad,
decís que fue liviandad
lo que hizo la diligencia.*

*Parecer quiere el denuedo
de vuestro parecer loco
al niño que pone el coco
y luego le tiene miedo.*

*Queréis, con presunción necia,
hallar a la que buscáis,
para pretendida, Thais,
y en la posesión, Lucrecia.*

*¿Qué humor puede ser más raro
que el que, falto de consejo,
él mismo empaña el espejo
y siente que no esté claro?*

*Con el favor y el desdén
tenéis condición igual,
quejándoos, si os tratan mal,
burlándoos, si os quieren bien.*

*Opinión, ninguna gana;
pues la que más se recata,
si no os admite, es ingrata,
y si os admite, es liviana.*

*Siempre tan necios andáis
que, con desigual nivel,*

*a una culpáis por cruel
y otra por fácil culpáis.*

*¿Pues cómo ha de estar templada
la que vuestro amor pretende
si la que es ingrata, ofende,
y la que es fácil, enfada?*

*Mas, entre el enfado y pena
que vuestro gusto refiere,
bien haya la que no os quiere
y quejáos en hora buena.*

*Dan vuestras amantes penas
a sus libertades alas,
y después de hacerlas malas
las queréis hallar muy buenas.*

*¿Cuál mayor culpa ha tenido
en una pasión errada:
la que cae de rogada,
o el que ruega de caído?*

*¿O cuál es más de culpar,
aunque cualquiera mal haga:
la que peca por la paga,
o el que paga por pecar?*

*Pues ¿para qué os espantáis
de la culpa que tenéis?
Queredlas cual las hacéis
o hacedlas cual las buscáis.*

*Dejad de solicitar,
y después, con más razón,
acusaréis la afición
de la que os fuere a rogar.*

*Bien con muchas armas fundo
que lidia vuestra arrogancia,
pues en promesa e instancia
juntáis diablo, carne y mundo.*

You Foolish Men

English Translation

Sor Juana Inés de la Cruz

You foolish men who lay
the guilt on women,
not seeing you're the cause
of the very thing you blame;

if you invite their disdain
with measureless desire
why wish they well behave
if you incite to ill.

You fight their stubbornness,
then, weightily,
you say it was their lightness
when it was your guile.

In all your crazy shows
you act just like a child
who plays the bogeyman
of which he's then afraid.

With foolish arrogance
you hope to find a Thais
in her you court, but a Lucretia
when you've possessed her.

What kind of mind is odder
than his who mists
a mirror and then complains
that it's not clear.

Their favour and disdain
you hold in equal state,
if they mistreat, you complain,
you mock if they treat you well.

No woman wins esteem of you:
the most modest is ungrateful
if she refuses to admit you;
yet if she does, she's loose.

You always are so foolish
your censure is unfair;
one you blame for cruelty
the other for being easy.

What must be her temper
who offends when she's
ungrateful and wearies
when compliant?

But with the anger and the grief
that your pleasure tells
good luck to her who doesn't love you
and you go on and complain.

Your lover's moans give wings
to women's liberty:
and having made them bad,
you want to find them good.

Who has embraced
the greater blame in passion?
She who, solicited, falls,
or he who, fallen, pleads?

Who is more to blame,
though either should do wrong?
She who sins for pay
or he who pays to sin?

Why be outraged at the guilt
that is of your own doing?
Have them as you make them
or make them what you will.

Leave off your wooing
and then, with greater cause,
you can blame the passion
of her who comes to court?

Patent is your arrogance
that fights with many weapons
since in promise and insistence
you join world, flesh and devil.

Juana Inés de Asbaje y Ramírez de Santillana, better known as [Sor Juana Inés de la Cruz](#) (12 November 1651 – 17 April 1695), was a [New Spain](#) writer, philosopher, composer and poet of the [Baroque](#) period, as well as a [Hieronymite nun](#), nicknamed "*The Tenth Muse*" and "*The Phoenix of America*" by her contemporary critics. As a [Spanish-criolla](#) from [the New Spain](#), she was among the main American-born contributors to the [Spanish Golden Age](#), alongside [Juan Ruiz de Alarcón](#) and [Garcilaso de la Vega "el Inca"](#), and is presently considered one of the most important female authors in [Spanish language literature](#) and the [literature of Mexico](#).

Throughout history Sor Juana's significance to different communities has varied significantly, having been presented as a candidate for [Catholic sainthood](#), a symbol of [Mexican nationalism](#), [freedom of speech](#), [women's rights](#), [sexual diversity](#), and others, making her a figure of great controversy and debate to this day.

Love Letter to Karachi

-Sara Khan 1/1/24

cool wind rushes over my skin
and what is thousands of miles away
now dangles above my closed lids
Home is weaved between the bricks here
Home grows with the trees here
Home is in the hearts of the people here
in this city
the ground feels like earth
and the birds sound more
human than human
loud and angry and jubilant
they race across the blue expanse
while we squawk to each other
beneath them, in a maze of
concrete confusion
in this city
there are no lanes
cars just know not to hit each other
and they cluster together like stars
in the dark, lining the roads with light
And there are trucks that carry sacs
a mile high in the sky, trucks that carry
people, clothes, and people piled on
piles of clothes, limbs dangling out the

side, glazing the air like living is a luxury
Every inch of street is stuffed with color,
food, beauty, and poverty, a majestic mess
like music on a broken harmonium
outside of jewel-encrusted shaadi halls
sleep women on street corners, shrinking
beneath old duppatas and rotting gajras
No one knows misery like my people
But no one knows joy like my people
Who fill the streets without warning
with the echoing cracks of cricket bats
and chotu patakhas popping on the chatt
and motorcycles revving
chickens clucking
vendors singing
cats fighting
This city serenades you with life
every moment, day and night
Dusk closes to a chorus of imams
from masjids tucked in every corner
I inhale their call to God and
my soul is tumbling.
after five long years I have cousins again
after five long years, I find my roots again
Home is a familiar foreign country
that houses my mother's heart

and my father's laugh
in this dust is the art of
my skin, this city hosts
home from across
the sea, yes
the secret of
gratitude is the sound
of Karachi

Recipes

Anise Pizzelle Recipe

Submitted by Carla Mattiussi

These Holiday pizzelles are made with the classic and traditional flavor of anise. They're easy to make and even easier to eat!

Course: Desert

Cuisine: Italian

Prep Time: 15 minutes

Cook Time: 40 minutes

Total Time: 55 minutes

Calories: 145 kcal

Ingredients

- 3 eggs
- 3 tsp anise extract
- ¼ cup olive oil
- ¼ cup butter melted and cooled
- ¾ cup sugar
- 1 ½ cups flour
- Pinch salt
- Confectioners' sugar for coating

Instructions

1. Mix all the wet ingredients in a large bowl until well blended. I used a handheld blender with the mixing attachment
3 eggs, ¼ cup olive oil, 3 tsp anise extract, ¼ cup butter melted and cooled
2. Mix the dry ingredients in a smaller bowl
¾ cup sugar, 1 ½ cups flour, pinch salt
3. Slowly add the dry ingredients into the wet ingredients and mix until smooth. It should resemble a wet cookie dough texture
4. Scoop a small amount into each pizzelle imprint/plate.
5. Lower the lid and press down. Let cook until the pizzelle wafer is golden brown. But not dark brown. It's okay if it's not all the same color
6. Plance on a cookie rack to cool.
7. Pour the confectioner sugar onto a plate or in a wide bottom bowl.

8. When the pizzelles are cool, dip each pizzelle in the confectioner's sugar on both sides to fully coat. Tap off excess sugar.
9. Place in a container or plastic zip lock bag to store. Or simply keep it on a plate for everyone to enjoy right away!

Nutrition

Calories: 145 kcal | Carbohydrates: 18g | Protein: 2g | Fat: 4g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 3g | Trans Fat: 0.003g | Cholesterol: 31mg | Sodium 12mg | Potassium: 24mg | Fiber: 0.3g | Sugar: 9g | Vitamin A: 45IU | Calcium 7mg | Iron: 1mg

Anise Pizzelle Recipe <https://www.simpleitaliancooking.com/anise-pizzelle/>

Food Served at the Multicultural Festival 2024

Vegetarian Pakora

Vegetarian pakoras are crispy fritters made with potatoes, spices, vegetables, gram flour, and herbs. They are a popular snack and street food in the Indian subcontinent.

Source: <https://www.recipetineats.com/pakora-indian-vegetable-fritters/>

Course: Appetizer, Light Meal, Starter

Servings: 40

Cuisine: Indian

Calories: 64cal

Author: Nagi

Ingredients

- 2 1/4 cups chickpea flour (Note 1)
- 1 tsp turmeric powder
- 1 tsp cumin powder
- 1 tsp coriander powder
- 1 tsp fenugreek powder (Note 2)
- 1/2 tsp chili powder (pure chili powder, Note 3)
- 2 tsp salt (cooking/kosher salt)
- 3/4 cups + 2 1/2 tbsp water
- 1 1/2 cups onions, grated using a standard box grater (~1 1/2 onions)
- 2 cups potato (~1 large), peeled and grated using standard box grater (Note 4)
- 2 1/2 cups cauliflower (~1/4 large head), finely chopped into rice-size pieces (or grate)
- 2 large red chilies (cayenne peppers), finely chopped (adjust spiciness to taste, or leave them out)
- 1 tbsp fresh ginger, finely grated
- 2 tbsp coriander/cilantro leaves, finely chopped

For cooking:

- 3 - 4 cups vegetable or canola oil (4cm / 1.5" depth in pot)

Coriander Mint Sauce for Pakoras (Option 1):

- 2 cups mint leaves
- 1 cup coriander/cilantro leaves
- 1/4 cup eschalot, sliced
- 3 tbsp lime juice

- 1 tsp caster sugar
- 1/2 tsp cumin seeds
- 1/2 tsp cooking/kosher salt
- 2 ice cubes (loosens + keeps sauce green)

Instructions

1. **Make batter:** Place chickpea flour in a bowl with the spices (turmeric, cumin, coriander, fenugreek, chili). Slow whisk in the water.
2. **Mix in Vegetables:** Add potato, cauliflower, onion, ginger, chili and coriander. Mix well with a wooden spoon. It should be a thick batter, almost paste-like.
3. **Preheat oven** to 80°C/175°F - to keep cooked pakoras warm. Set a rack over a tray.
4. **Heat oil:** Heat 4cm / 1.5" oil in a large heavy-based pot to 180°C/350°F (Note 6).
5. **Form patties:** Drop 2 tbsp of batter roughly formed into a patty shape into the oil. I use my hands (as is typical in India!) but you can also use 2 tablespoons (be careful of splash age). Don't crowd the pot, it will lower the temperature too much.
6. **Fry pakoras:** Fry for 2 - 3 minutes until golden. Drain on paper towels. Keep cooked pakoras hot in the oven on a rack set over a tray.
7. **Serve:** Serve pakoras with Coriander Mint Sauce or Minted Yogurt Sauce!

Coriander Mint Sauce OR Mint Yogurt Sauce:

Place ingredients in a small food processor or Nutribullet or use a stick blender. Blitz until smooth.

Notes:

1. Chickpea flour - Also known as gram flour, and besan, made from dried chickpeas. A Staple in Indian cooking. Nowadays sold at large grocery stores in Australia. Using this instead of flour makes this a naturally gluten-free recipe.

2. Fenugreek powder - Staple Indian spice, kind of smells like maple syrup. Available at stores that carry a decent range of spices. I found it at Harris Farms (Australia). Also, of course, at Indian grocery stores!

Best sub: Garam Masala or a generic curry powder. (No, it's not the same but the extra flavor will compensate).

3. Chili Powder - This is pure ground chilies, not to be confused with US Chili Powder which is a spice mix. Sub cayenne pepper. Feel free to reduce chili powder if you're concerned about spiciness. You can cook a test one, taste it, then add more chili into the batter.

4. Potatoes - Any all-rounder or starchy potatoes work best. Aus: Sebago, US: russet, UK: King Edward/Maris Piper. Waxy potatoes will work ok too!

Chicken Satay with Peanut Sauce

Is a Thai recipe with marinated chicken with peanut sauce. It is served wonderfully with jasmine rice.

Course: Mains, Starter

Servings: 15

Cuisine: Thai

Calories: 235cal

Author: Nagi

Ingredients

- 400 g/14oz coconut milk (1 can), full fat
- 13-16 bamboo skewers, 16cm / 6.5" long (Note 1)

Marinade:

- 600 g / 1.2lb chicken thighs, boneless skinless, cut into 2cm/4/5" pieces (Note 2)
- 1 tbsp curry powder (Note 3)
- 1 tsp white sugar
- 2 tsp red curry paste (Note 4)
- 1 tsp cooking salt / kosher salt (sub 1/2 tsp table salt)

Thai Peanut Sauce:

- 2 tbsp red curry paste (Note 4)
- 3/4 cup natural peanut butter, smooth (Note 5)
- 1/4 cup white sugar
- 2 tsp dark soy sauce (Note 6)
- 1 tsp cooking salt / kosher salt (sub 1/2 tsp table salt)
- 2 tbsp cider vinegar (Note 7)
- 3/4 cup water

Serving:

- 2 tbsp peanuts finely chopped
- Lime wedges (optional)
- Coriander/cilantro leaves and sliced red chili (optional)

Instructions

1. If cooking on a BBQ or over charcoal, soak skewers for 2 hours in water.
2. Mix together the chicken and Marinade with 1/4 cup of coconut milk, then set aside for at least 20 minutes or overnight.
3. Thread onto skewers - I do 4 to 5 pieces each.
4. Heat 1.5 tbsp oil in a large nonstick pan over medium-high heat.

5. Cook skewers in batches for 3 minutes on each side until golden.

Thai Peanut Sauce:

1. Place remaining coconut milk and Peanut Sauce ingredients in a saucepan over medium-low heat.
2. Stir to combine then simmer, stirring every now and then, for 5 minutes.
3. Adjust consistency with water - it should be a pourable but thickish sauce.
4. Cover with lid and keep warm while cooking skewers.

Serving:

1. Pour some sauce into a bowl. Sprinkle with some peanuts - stir some through if you want.
2. Pile satay skewers onto a platter, and sprinkle with remaining peanuts, coriander, and chili.
3. Serve with sauce on the side for dipping. Add a side of Jasmine Rice or Thai Fried Rice to complete the meal!

Notes

1. **Skewers** used for Asian chicken satay tend to be shorter than Western skewers. I like them because they fit in skillet! Feel free to make giant ones with longer skewers.
2. **Chicken** - can be substituted with breast or tenderloin but thigh is best for juiciest chicken. Can also sub with beef or pork - use a good, nicely marbled cut suitable for quick cooking.
3. **Curry powder** - any is fine here. I use Clives or Keens.
4. **Red curry paste** - The best Thai red curry paste (in my opinion) is Maesri which comes in small cans and also happens to be the cheapest. Sold at large supermarkets (Coles, Woolies, Harris), and Asian stores. But any brand will do because it's an enhancer rather than key flavoring.
5. If using homemade Thai red curry paste, double the curry paste, add 1 tsp fish sauce + 1 tsp sugar into the chicken marinade, and 2 tsp fish sauce + 2 tsp sugar into Peanut Sauce (homemade doesn't have the seasonings jar paste does).
6. **Natural peanut butter** is 100% peanuts and has a stronger peanut flavor than commercial peanut butter which has sugar and other additives. It is also thinner so less water is required to achieve the right consistency. Pretty widely available nowadays in the health food section of supermarkets.
7. Can use a normal peanut butter spread but the peanut flavor is not as good, and the sauce will be thicker. Do not be tempted to dilute with too much water - it will dilute the flavor.
8. Sub: 1 cup raw unsalted peanuts blitzed until smooth with 1/2 cup or so coconut milk called for in the peanut sauce (helps make it super smooth).

9. **Dark soy sauce** adds seasoning and deepens the color of the sauce. Can sub with light or all-purpose soy sauce but the sauce color will be lighter.
10. **Cider vinegar** can be subbed with plain white vinegar. Lime juice, rice vinegar, or other clear vinegars are an ok substitute but not 100% authentic.
11. **Peanut Sauce** - makes more than you will need, probably only use 1/3. Hard to make less, also this recipe uses a whole can of coconut milk. Lasts 1 week in the fridge - or freeze.

<https://www.recipetineats.com/thai-chicken-satay-peanut-sauce/>

Tostones

Tostones are unripe, sliced, and fried plantains. They should be fried until crispy. Tostones are popular in Latin American and Caribbean countries.

Prep Time: 20 mins

Category: Appetizer

Cook Time: 10 mins

Cuisine: Latin American

Ingredients

- 4 green plantains
- 1 cup vegetable or canola oil, or as needed
- 2 cups water
- 4 cloves garlic, minced
- 1 tablespoon kosher salt, plus more to top
- Juice of 1 lime
- Mojo Verde or other sauces, to serve (optional)

Instructions

1. Cut the ends off of each plantain and use a knife to cut through the skin of the plantain, lengthwise, from top to bottom. Try to only to cut through the skin, as you don't want to slice into the inner portion, which will form the tostones.
2. Use your fingers to pry open and peel off the tough outer skin. Discard the skin of the plantains.
3. Cut the plantains into pieces, about 1" thick.
4. Fill a large, heavy-bottomed skillet about a third of the way with oil. Heat over medium for a few minutes to warm up the oil just slightly.

5. Meanwhile, in a large bowl, combine the water, garlic, kosher salt, and lime juice. Set aside.
6. Add the plantain slices to the oil. The oil should be just warm enough that it begins to lightly bubble shortly after adding the plantains but should not bubble vigorously. Fry the plantains until softened and golden all over, about 4 minutes on each side. Use a slotted spoon or tongs to transfer to a paper towel-lined plate.
7. Using the bottom of a glass, plate, or can, gently flatten each fried plantain piece. Smash them just enough that they flatten out, but don't try to make them too thin, or they will break apart.
8. Dip the flattened plantain coin in the garlic-lime water. Let it sit for about 10 seconds, then remove from the water and gently pat dry with a paper towel. Repeat with remaining fried plantains.
9. When nearly ready to serve, heat oil over medium-high heat. Add the flattened plantains back to the oil in batches and briefly fry to crisp, about 1 minute per side. Remove with a slotted spoon and transfer to a paper towel-lined plate.
10. Sprinkle with salt. Serve with Mojo Verde or other sauces, if desired.

Source: <https://hostthetoast.com/tostones-fried-green-plantains/>

Falafel with Tahini sauce

Falafel is a Mediterranean-inspired dish. This is vegan-friendly, and it is made with chickpeas and leaves a lemon juice tang.

Falafel

- 1 15 oz can chickpeas, drained, rinsed, and dried.
- 1/4 of a large red onion
- 1/2 cup fresh cilantro
- 1 cup fresh parsley
- 3 cloves garlic
- 2 tsp lemon juice
- 1 tsp cumin
- 1 tsp salt
- 1/2 tsp pepper
- 1/4 cup oat flour

Tahini Sauce:

- 1/4 cup tahini
- Juice of one lemon
- 1 small garlic clove, pressed.
- 1/2 tsp salt
- 1/4 tsp pepper
- 2–5 tbsp cold water (depends on how thin you want your sauce)

Instructions

1. Preheat the oven to 400F and grease a dark baking sheet with olive or avocado oil.
2. In a food processor, pulse onion, cilantro, parsley, and garlic until roughly chopped. About three pulses.
3. Add in chickpeas, lemon, cumin, salt, and pepper. Pulse five times for about 1 full second, scraping down the side after three pulses. You do not want your mixture to turn into mush and want to have some small pieces of chickpeas throughout, however, you do want it able to stick together, just not mush!
4. Take out the blade and stir in the oat flour.
5. Form into patties almost like making hamburgers, and place on a greased baking sheet.
6. Bake for 13 minutes, then flip, and bake for another 13 minutes.

7. While falafel is baking, make tahini sauce by combining all ingredients together in a bowl. Add as much water as needed for the desired consistency.
8. Serve! Store in the fridge for up to 5 days or freezer for 3 months.

Source: <https://www.erinliveswhole.com/easy-baked-falafel-recipe-with-tahini-sauce/>

List of Songs Played

Italian

- C'e la Luna by Lou Monte
- L'italiano by Toto Cutugno

Greece

- Ginete by Pandelis Pantelidis
- Metro Antistrofa by Konstantinos Koufos

Pakistan

- Radah by Pritam, Shahid Mallya, Sunidhi Chauhan
- Chanda Chamke by Jatin-Lalit, Babul Supriyo, Master Akshay Bhagwat, Aamir Khan, Kajol

Syria

- Sabah Fahkri by Kdk al Mayas

Iraq

- Habibty mnen by Hussam AlRassam

Cuban and Puerto Rico

- La Negra Tiene Tumbao by Celia Cruz
- Brujeria by el Gran Combo de Puerto Rico
- Vivir Mi Vida by Marc Anthony

Mexico

- La Morenaza de la Maldita Vecindad
- Calaverita – by La Santa Cecilia

China

- [Blooming Flowers](#)

India

- Srivalli by Allu Arjun, Rashmika Mandanna