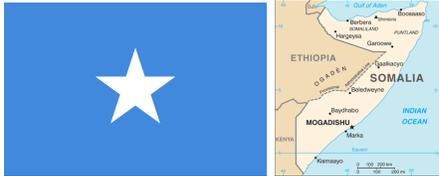


SPOTLIGHT COUNTRY OF THE MONTH

Somalia



We have a few ELLs at Edison who are from Somalia. Somalia, officially the Federal Republic of Somalia, is a country in the Horn of Africa. The country is bordered by Ethiopia to the west, Djibouti to the northwest, the Gulf of Aden to the north, the Indian Ocean to the east, and Kenya to the southwest. Somalia has the longest coastline on Africa's mainland.

Capital City: Mogadishu

Language: Somali and Arabic

Foods: Somali meals, generally always cooked by the women, are meat driven. (Vegetarianism is relatively rare). Goat, beef, lamb and sometimes chicken is fried in ghee, or grilled or broiled. It is spiced with turmeric, coriander, cumin and curry and eaten with basmati rice for lunch, dinner and sometimes breakfast.

Official Bird: The Superb Starling

Nickname: "Land of the Cinnamon"

Population: 15.89 million (2020)

Recipe of the Month

One Pot Bariis Iskukaris – Somali Rice with Chicken or Meat of Choice



INGREDIENTS-For the Meat

- ¼ cup Olive Oil
- 2 tbsp. Xawaash Spice Blend divided
- 2 lb. Meat of Choice: Chicken, Beef, Lamb, Goat or Camel* **For the Bariis**
- 2 tbsp. Olive Oil
- 1 large White Onion chopped
- 4 cloves Garlic minced
- 1 Green Chili Pepper (optional) minced
- 2 Tomatoes diced
- 6 oz. Tomato Paste
- 2 tbsp. Xaawash Spice Blend
- 1 Cinnamon Stick whole
- 8 Whole Cloves
- 5 Whole Green Cardamom Pods
- 1 tsp. Saffron Threads (optional)
- ¾ Raisins
- 2 cups Basmati Rice rinsed
- 5 cups Chicken Stock

INSTRUCTIONS -For the Meat 1. Add the olive oil to a large pot or Dutch oven. Stir in the xawaash spice blend and then heat over medium-high heat. 2. Add the meat in a single layer and stir immediately to coat in the spice mixture. ** Sear one side of the meat (about 1-minute) and then flip to the other to sear as well. Turn the heat down to medium-low and let the chicken or meat cook fully. Set aside on a plate with paper towel to drain any excess oil. **For the Bariis**

1. Add the olive oil, onion and garlic to the same pot used for the meat. Combine well and cook over medium heat until the onions are translucent, about 5 minutes.
2. Add the jalapeno (optional) and tomatoes. Combine and cook for about another minute
3. Add the tomato paste, xawaash spice blend, all other spices, and raisins. Stir well to combine.
4. Stir in basmati rice.
5. Add the chicken stock and combine well. Bring to a boil on high heat, stir and cover, and reduce the heat to low. Cook, stirring occasionally, until the rice is cooked through and the chicken stock is absorbed, about 10 minutes. Enjoy!