



ALBUQUERQUE SISTER CITIES FOUNDATION

OCTOBER 2020 NEWSLETTER



Greetings!

Fall is a special time for New Mexicans. The brilliant foliage bursting with colors in the local neighborhoods, rivers, and mountains. The air is filled with the aroma of green chilis roasting and red chili strands hanging to dry. It is the harvest season for the farmers in Albuquerque. One can experience picking pumpkins, apples, raspberries or sample fresh-pressed cider.

Most of all, it is a time to connect with friends and families. During this time, please take time to stay connected with your Sister Cities friends.

Albuquerque Sister Cities thanks each of you for your continued support through this year. Please contact me if you have any questions or comments for ASCF. I can be reached at president@albuquerque-sister-cities.org.

Kind Regards,
Pamela V. Feather
ASCF President



Bell Ringing Commemorates Peace Between U.S. and Japan

By Kazumi Kawakubo, Sasebo Chair

We had a wonderful opportunity to participate in the ringing of bell ceremony as part of a nation-wide event for Sister Cities at the Sasebo Japanese Garden/ Albuquerque BioPark on Saturday, August 8 at 6:02 P.M.



Mayor Tim Keller came and shared about our sister city relationship with Sasebo. Davis Begay, Honorable Consulate-General, Albuquerque, and the Mayor Keller rang the bell together.

The Sasebo Committee did a live streaming of this special event on the Albuquerque Sister Cities Facebook page. Our sister city Sasebo was able to

watch it from Japan, and there were about 1000 viewers. Albuquerque Channel 13 interviewed the participants during the live event. As the results, we had great publicity through this celebration.

We also hosted a Building Bridges virtual presentation with Sasebo on Monday, August 24. We shared a slide show of the 50th anniversary of the Albuquerque/Sasebo relationship visit and fun memories of each city's visits, including the Sasebo visit in 2016, Albuquerque's visit in 2017, and the Sasebo Youth Delegates visit to Albuquerque in summer of 2019.

We also showed a video of Sasebo's well-known sightseeing spots narrated by Mayor Tomonaga, and city's major events, including the Obon Festival at Albuquerque Bridge.

As our upcoming event, we are planning to do a live Japanese cooking class on our Facebook, e.g., Sushi rolls and Gyoza, so please stay tuned.

In the true people-to-people spirit of citizen diplomacy, local communities and individuals across the United States and Japan marked the 75th anniversary of the first time nuclear weapons were used in war by ringing bells for 45 seconds.

The first event occurred in Japan August 6 at 8:15 AM, the exact moment the atomic bomb was dropped on Hiroshima and the second event occurred August 9 at 11:02 AM, the exact moment the atomic bomb was dropped on Nagasaki. Simultaneous events occurred in the United States, including in Albuquerque.

Introducing the Pine Garden in Hualien, Taiwan

By Yu-Lin Shen, Hualien Chair



(Photo credit: Hualien County Government)

The Pine Garden in Hualien, Taiwan, refers mainly to a two-story historical building. There are a dozen aged pine trees in the surrounding space. It was built near the end of the Japanese colonial period, during the Second World War, as the Hualien Harbor Military Command post of the Japanese Army. The building overlooks the mouth of the Mailun River and Hualien Harbor, with an unobstructed view out over the Pacific.

After the war, the Garden was at one point used by the Republic of China (Taiwan) Army Engineering School. Later it was changed into a hostel for the U.S. Military Assistance Advisory Group, until late 1970's after the United States ended the military presence in Taiwan. In 2001 the Pine Garden was selected as one of the “100 Historical Sites in Taiwan.” It is now open to the public, and frequently used as a venue for art and cultural exhibitions and performance.

Turkmen Students Study at UNM

By Alana McGrattan, Ashgabat Chair

We have been unable to visit or receive visitors from our sister city since the faculty exchange in 2017. However we have three students presently studying at UNM who have just begun their third year.

They are: Ilham Babajanov who is studying Computer Science, Abdylla Berimammedov who is studying Business Administration and Dovletgeldi Dovievov who is studying Economics.

Ashgabat

PLOV – Turkmenistan Pilaf

1 kg chicken/turkey/lamb/beef
2 tablespoons salt
300 ml (1½ cups) vegetable oil
1 large onion, halved and sliced
5 large carrots, julienned
1 l + 375 ml (5½ cups) water
1 kg (4½ cups) basmati rice, rinsed



Cut the meat into mouthful chunks. Add 1 tablespoon of salt and mix well with your hand.

Heat the oil in a large pot over medium heat. Add the meat chunks and fry until lightly browned. Add the onion. When the onion begins to soften, add the carrots and fry for 5 minutes. Add the water and remaining salt, and increase the heat. Boil for 5 minutes.

Add the rice to the pot and stir with a perforated spoon. When the rice begins to absorb the water, lower the heat to medium and cover the pot. Steam the rice for 30 minutes, stirring once in between. Serve warm.

Sasebo



GYOZA - Pork and Cabbage Dumplings, makes about 24 dumplings submitted by Kazumi Kawakubo, Sasebo Chair

For the Filling

4 cups finely chopped napa cabbage
1 1/2 cups very thinly sliced garlic chives, or 1 1/2 cups thinly sliced scallions plus 1 teaspoon minced garlic
1 tablespoon plus 1/2 teaspoon kosher salt
1/2 pound fatty ground pork, such as shoulder or belly
1 tablespoon sake (Japanese rice wine)
1 1/2 teaspoons toasted sesame oil
Ground white pepper to taste

For the Dumplings

About 24 gyoza wrappers or
“Shanghai-style” round dumpling wrappers
2 tablespoons vegetable oil

For the Sauce

3 tablespoons Japanese soy sauce
3 tablespoons unseasoned rice vinegar
Japanese hot mustard to taste
1 tablespoon thinly sliced scallion greens



Sasebo, Japan

MAKE THE FILLING

Combine the cabbage and garlic chives (or scallions and garlic, if using) in a medium mixing bowl. Sprinkle on 1 tablespoon of the salt, toss very well, and let the mixture sit for 15 minutes or so. Rinse the cabbage mixture under running water, then use your hands to squeeze the mixture to release some of the liquid. Transfer the mixture to two layers of cheesecloth or a clean kitchen towel and squeeze out and discard as much liquid as you can. Combine the cabbage mixture, pork, sake, sesame oil, white pepper, and the remaining 1/2 teaspoon salt in a medium mixing bowl. Firmly mix with your hands until the ingredients are well distributed and the mixture is slightly sticky to the touch.

FORM THE DUMPLINGS

Line a large plate or tray with parchment paper. Fill a small bowl with water. Form one dumpling at a time, keeping unused wrappers covered with a kitchen towel and transferring the finished dumplings to the parchment paper. Spoon 1 tablespoon of the filling onto the center of a wrapper. Dip a finger or brush into the water and moisten the edge of the wrapper. Fold the wrapper over the filling and firmly pinch one of the corners so the sides of the wrapper stick together. Enclose the filling, making 4 pleats. Firmly squeeze the pleated edge. You can form the dumplings up to 4 hours in advance if you cover the tray with plastic wrap and keep it in the fridge.

COOK THE DUMPLINGS

Heat 1 tablespoon of the oil in a large nonstick skillet with a lid over medium heat until it shimmers. Put the dumplings pleats side up in the skillet next to one another (a pinwheel arrangement will maximize space). Pour in enough water to reach about halfway up the sides of the dumplings, increase the heat to high, and cover the skillet. Cook for 5 minutes, then remove the lid, reduce the heat to medium-high, and cook, swirling the liquid around the pan occasionally, until the water remaining in the pan looks thick and cloudy, about 1 minute. Drizzle the remaining 1 tablespoon oil over the dumplings, decrease the heat to medium, and continue cooking, uncovered, until the bottoms are brown and crispy, 5 to 8 minutes. Meanwhile, stir together the soy sauce, rice vinegar, mustard, and scallion until well combined and set aside. Transfer the dumplings browned side up to a plate or platter and serve immediately with the sauce in bowls for dipping.

Chihuahua

MONTADOS Burrito/Quesadilla
Submitted by Alma Solis,
Chihuahua Chair

Flour Tortillas
Monterrey Jack cheese shredded
Refried beans
Guisado de rajas (sliced green
chile dried stew)
3 tbl veg oil
1 lb chopped beef (can use ground
beef, optional)
1/2 cup chopped onions
1 top chopped garlic
1/2 cup green chile roasted and peeled
1 large tomato finely chopped
Salt and pepper to taste

In a fry pan heat oil then add chopped meat for 10 minutes until uncovered then add onions, garlic stir it well for 3 minutes then add green chile, tomato, salt and pepper. Stir well and simmer for 10 to 15 minutes covered. Set aside.

Spread refried beans on the flour tortilla, add monterrey cheese on top, fold the tortilla and heat it like quesadilla.

When the cheese is melted pour some of the guisado inside or on top of the quesadilla.

Salsa on the side if desire. Enjoy them, they are delicious. This recipe was famous and unique since the time of the Pancho Villa era!



Chihuahua, Mexico

Helmstedt Zoom Meeting Oct. 28

by Nathan Young, Helmstedt Chair

It's the traditional season for Oktoberfest throughout the world. Our sister city Helmstedt does not have a Oktoberfest but it normally has an Altstadt Fest or old city festival in late August-early September.

Last year Albuquerque Sister Cities worked with the Edelweiss German-American club and Rio Bravo Brewery Co. to have its first Albuquerque Oktoberfest. It was a lot of work, but we are proud to say that it was a success. Unfortunately, due to Covid-19 most festivals around the world were canceled.

Even though there are no festivals to attend this year, you can have your own private festival at home. You can purchase authentic German pretzels that you need to warm up in the oven and bratwurst made in Bavaria from your local Trader Joe's.

We recently posted a video on our Facebook page that shows you how to make a simple but tasty German Potato Salad. Naturally, you can find some really great beer from your favorite local brewery. If you get a chance I recommend Rio Bravo Brewing Co.'s Karls Krystal Weizen. Guten Appetit!

Please join us on the 28th of October where we will have a Zoom meeting to discuss Helmstedt. There will be a presentation on the city and an open discussion about the Albuquerque Helmstedt relationship. It would be great if members that have been to Helmstedt or have hosted a guest from Helmstedt could join us could join the meeting.



Helmstedt, Germany

Alburquerque

Técula Mécula - submitted by Alberto Solis, Alburquerque Chair

This tart is known as the Imperial Dessert because it was said to be a favorite of Emperor Charles V, who retired to Extremadura. In his court, the tart was prepared with rendered fatback, and today it is still made that way in the pastry shops of Olivenza in Extremadura, where it is a specialty of local bakers.

I prefer a mixture of butter and lard, however, which I have used here. Served with Pedro Ximenez sherry, and perhaps a scoop of ice cream or a dollop of whipped cream, this desert is truly regal.

Crust

5 tablespoons unsalted butter, at room temperature

5 tablespoons lard, at room temperature

6 tablespoons water

1/3 cup sugar

1 1/2 cups all-purpose flour, plus extra for dusting

Pinch of salt

Filling

1 1/2 cups sugar

1 1/2 cups water

Grated zest of 1 lemon

1 pound slivered blanched almonds

1/2 cup (1/4 pound) unsalted butter, at room temperature

8 egg yolks

1 cup all-purpose flour



Alburquerque, Spain

PREPARATION

To make the crust, combine the butter, lard, water, sugar, flour, and salt in a bowl and stir with a wooden spoon until the ingredients combine together in a rough dough. Turn out the dough onto a lightly floured work surface and knead for about 10 minutes, or until soft and no longer sticky. Gather the dough into a ball, flatten into a disk, wrap in plastic wrap, and refrigerate for 2 hours.

On a lightly floured work surface, roll out the dough into a thin round at least 14 inches in diameter. Carefully transfer the dough round to a 10-inch springform pan with at least 2 1/2-inch sides, pressing it into the bottom and sides. Trim away the excess dough even with the pan rim. Place in the refrigerator until needed.

To make the filling, in a small, heavy saucepan, combine the sugar, water, and lemon zest and bring to a boil over high heat, stirring to dissolve the sugar. Decrease the heat to medium and simmer for about 20 minutes, or until a thick syrup forms. Remove from the heat and let cool to room temperature.

Preheat the oven to 400F.

In a bowl, combine the almonds and butter and beat with a handheld mixer until the butter is creamy. In a large bowl, whisk the egg yolks until foamy. Add the flour to the egg yolks a little at a time, mixing well after each addition. When the flour is fully incorporated and the mixture is smooth, add the almond-butter mixture and mix with a rubber spatula until thoroughly blended and smooth. Add the cooled syrup and again mix well until thoroughly blended.

Transfer the filling to the crust. Bake the tart for 30 minutes, or until a toothpick inserted into the center comes out clean. Transfer to a wire rack and let cool in the pan.

Remove the pan sides and slide the cooled tart onto a serving plate. Serve at room temperature.

Rehovot

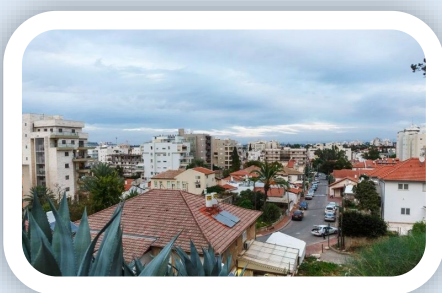
Na'ama's Fattoush - submitted by Malcolm Siegel, Rehovot Chair

Arab salad, chopped salad, Israeli salad—whatever you choose to call it, there is no escaping it. Wherever you go, a Jerusalemite is most likely to have a plate of freshly chopped vegetables—tomato, cucumber, and onion, dressed with olive oil and lemon juice—served next to whatever else they are having. It's a local affliction, quite seriously. Friends visiting us in London always complain of feeling they ate "unhealthily" because there wasn't a fresh salad served with every meal.



There are plenty of unique variations on the chopped salad but one of the most popular is fattoush, an Arab salad that uses grilled or fried leftover pita. Other possible additions include peppers, radishes, lettuce, chile, mint, parsley, cilantro, allspice, cinnamon, and sumac. Each cook, each family, each community has their own variation. A small bone of contention is the size of the dice. Some advocate the tiniest of pieces, only 1/8 inch / 3 mm wide, others like them coarser, up to 3/4 inch / 2 cm wide. The one thing that there is no arguing over is that the key lies in the quality of the vegetables. They must be fresh, ripe, and flavorful, with many hours in the sun behind them.

This fabulous salad is probably Sami's mother's creation; Sami can't recall anyone else in the neighborhood making it. She called it fattoush, which is only true to the extent that it includes chopped vegetables and bread. She added a kind of homemade buttermilk and didn't fry her bread, which makes it terribly comforting.



Rehovot, Israel

Try to get small cucumbers for this as for any other fresh salad. They are worlds apart from the large ones we normally get in most supermarkets. You can skip the fermentation stage and use only buttermilk instead of the combination of milk and yogurt.

INGREDIENTS

scant 1 cup / 200 g Greek yogurt and 3/4 cup plus 2 tbsp / 200 ml whole milk, or 1 2/3 cups / 400 ml buttermilk (replacing both yogurt and milk)
2 large stale Turkish flatbread or naan (9 oz / 250 g in total)
3 large tomatoes (13 oz / 380 g in total), cut into 2/3-inch / 1.5cm dice
3 1/2 oz / 100 g radishes, thinly sliced
3 Lebanese or mini cucumbers (9 oz / 250 g in total), peeled and chopped into 2/3-inch / 1.5cm dice
2 green onions, thinly sliced
1/2 oz / 15 g fresh mint
scant 1 oz / 25 g flat-leaf parsley, coarsely chopped
1 tbsp dried mint
2 cloves garlic, crushed
3 tbsp freshly squeezed lemon juice
1/4 cup / 60 ml olive oil, plus extra to drizzle
2 tbsp cider or white wine vinegar
3/4 tsp freshly ground black pepper
1 1/2 tsp salt
1 tbsp sumac or more to taste, to garnish

PREPARATION

If using yogurt and milk, start at least 3 hours and up to a day in advance by placing both in a bowl. Whisk well and leave in a cool place or in the fridge until bubbles form on the surface. What you get is a kind of homemade buttermilk, but less sour.

Tear the bread into bite-size pieces and place in a large mixing bowl. Add your fermented yogurt mixture or commercial buttermilk, followed by the rest of the ingredients, mix well, and leave for 10 minutes for all the flavors to combine.

Spoon the fattoush into serving bowls, drizzle with some olive oil, and garnish generously with sumac.

Lusaka

Chikanda - submitted by Harold Bailey, Lusaka Chair

My favorite recipe is traditionally called 'Chikanda' commonly known as African polony and it is one of the most delicious Zambian food or snack. It is a type of orchid tuber known as wild edible orchid. Traditionally it is prepared on a brazier using charcoal coals but now it can also be prepared in an oven. It is not an easy recipe to prepare, one has to be extremely precise and careful with the measurements of each ingredient otherwise if there is too much of too little of any of the ingredients, it goes sour.

Chikanda Recipe and utensils needed:

About 250g of chikanda
500g of powdered groundnuts (or what is commonly known as peanuts in the USA)
Salt
Fresh chilis (if preferred)
3/4 teaspoon of soda
A sieve
A charcoal brazier
A mortar and pestle



Preparation:

Wash and dry the orchid tubers

Once they are dry, they have to be pounded using a mortar and pestle and sieved out to fine powder. The process of pounding and sieving has to be repeated until the Chikanda comes to a finer consistency and is fully powdered.

Pour about 2-3 cups of water in a pot and add the powdered groundnuts to bring to a boil on the brazier.

As it boils continually stir until the groundnuts are cooked

Once the groundnuts are cooked, add the chikanda powder bit by bit while stirring continually until the paste becomes thick.

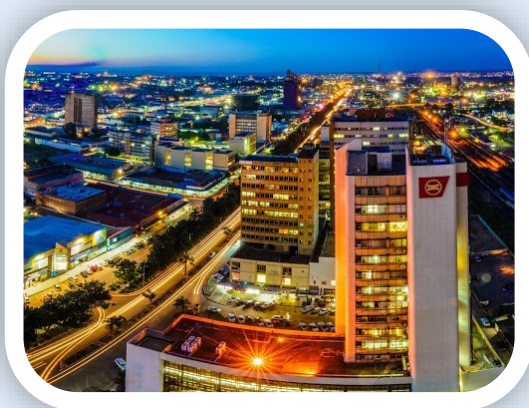
Dissolve the 3/4 teaspoon of soda into water and add into the mixture, stirring until it becomes very thick.

Continue to stir vigorously with a wooden spoon until the chikanda is cooked and turns brown in color.

Cover for about 10 mins

Remove it from the fire and get some of the charcoal from your brazier and put it on top of the lid of your Chikanda pot. (turn the lid upside down) so that the Chikanda can bake and brown on top as well. Leave this charcoal for at least 15-30 minutes

Allow to cool and it is ready to serve. Attached are multiple images of what you can serve it with or enjoy it.



Lusaka, Zambia

Guadalajara Update

By Ernesto Garcia, Guadalajara Chair

Guadalajara is the capital of the state of Jalisco. The land of Mariachis and Tequila! Guadalajara is a leader in high technology and the state of Jalisco is known as the California of Mexico due to its high-tech reputation in engineering and software development, leading edge manufacturing, and an excellent university system.

Excellent medical care and reasonable prices along with the Mediterranean climate there makes this a very desirable location for tourists from all over the world, and for many from the U.S. to establish a second home or simply make the move permanently.



I have been in constant contact with my Guadalajara Sister City colleagues and they inform me their state and local governments are taking very strict measures to combat the Coronavirus. My colleagues to date are in good health.

As of 4 October 2020, there are 73,239 cases of Coronavirus and 3,381 deaths in the State of Jalisco. Mexico has 753,090 cases and 78,492 deaths per data also taken from Mexican government sources. The state of Jalisco with a population of 8,110,943 has 40 deaths per 100K population. Mexico as a country has 61.5 deaths per 100K population. New Mexico has 42 deaths per 100K population and the US as a country has 62.8 deaths per 100K population.

Our plans at present include reviving our Sister Cities trip to Guadalajara that was cancelled in March 2020. New dates for our trip will depend on the development and successful implementation of a vaccine that will once again make travel safe.

Lanzhou

**Lanzhou Ramen submitted by
Lin Yi, Lanzhou, China Chair**

Lanzhou Hand-Pull Beef Noodle is most consumed local meal in Lanzhou. It also is the most well-known Lanzhou food in China nationally and worldwide. There are two Lanzhou Ramen restaurants in Albuquerque right now.



Ingredients

- 1 beef leg bone about 700 grams / 25 ounces, cut into 5 to 6 parts (*see footnote 1)
 - 1 kilogram (2 pounds) beef flank, untrimmed (*see footnote 2)
 - 5 whole cloves
 - 1 teaspoon [Sichuan peppercorn](#)
 - 5 cloves garlic
 - 1 thumb ginger, sliced
 - 1 cup scallion, chopped (the white part)
 - 5 chili pepper, dried
 - 2 bay leaves
 - 1 whole nutmeg seed
 - 1 [star anise](#)
 - 1 cinnamon stick (about 6 centimeters / 2.4 inches long)
 - 1 teaspoon fennel seed
 - 2 teaspoons salt (or to taste)
 - 1 small daikon radish
 - 2 tablespoons freshly made [Chinese chili oil](#) (or to taste)
 - 6-8 servings [hand-pulled noodles](#) (or dried noodles)
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Instructions for Lanzhou Noodles continued...

Thoroughly rinse leg bones and transfer them to a 5-liter (5-quart) Dutch oven (or big pot).

Cut the beef flank into strips that are around 8 centimeters (3 inches) wide and 12 centimeters (5 inches) long. Place them into the Dutch oven.

Add 10 cups of water to cover the bones and beef. Bring to a boil over high heat. Turn to medium low heat and continue to boil for 10 minutes. Use a ladle to skim the foam from the surface and discard it, repeating until the broth comes clean.

Add cloves and Sichuan peppercorn into a tea infuser, and place the infuser in the Dutch oven with the beef and bones. Add ginger, scallion, garlic, chili pepper, bay leaves, nutmeg, star anise, cinnamon stick and fennel seed to the pot, as well. Cover and simmer over low heat for 3 hours. Depending on the cut of beef you're using, you may need to simmer longer, up to 4 hours.

While the broth is simmering, prepare the daikon radish. Peel the radish and cut it into 5-millimeter thick slices. Further divide each slice into 4 quarters. 30 minutes before the broth is done, add the daikon radish slices to it.

Check the broth every 30 minutes. During the first 2 hours, if the water is evaporating too quickly, add 1 to 2 cups boiling water to keep the beef and bones covered. You should not add any water during the final hour of simmering. The beef and radish should become very tender and the broth should turn a pale brownish yellow color. Add salt to season the broth.

The broth should taste slightly salty by itself.



Photos taken in the local Lanzhou Ramen Restaurant

Use a ladle to transfer the beef to a plate to cool off. Use a strainer ladle to pick out the bones and spices and discard them. You might find a thick layer of oil floating on top of the soup (depending on the fattiness of the beef). Use a ladle to skim the oil off according to your preference.

Boil hand pulled noodles. If you aren't making hand pulled noodles, cook dried noodles according to instructions on the bag.

Prepare Chinese chili oil according to this recipe. You can use one from the supermarket, but I highly recommend you cook your own at home. It takes only 5 minutes, and freshly made chili oil is full of aroma and will make the dish shine.

Once the beef has cooled enough to handle, trim off any fat and discard it. Slice the lean part of the beef.

To assemble noodles Add noodles to each serving bowl, then pour in the broth. Top noodles with beef slices, a few pieces of daikon radish, and some cilantro. Serve immediately with chili oil. Add 1/2 teaspoon to 2 teaspoons of chili oil according to personal taste.

To store leftovers Store the beef broth and beef separate in air-tight containers in the fridge for up to 3 days or in the freezer for up to 1 month. You can use the beef broth in a stew or soup, if you like. The beef can be used in a stir-fry or salad.