

## Mocha Coffee

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For those who wonder who I am and from where I came, I guess this is a good chance for me to briefly introduce myself to you. I am Hiba, a dentist, who came from Yemen and had a great opportunity to be in Japan as a student of Niigata University. I am currently a third grade graduate student in the division of Oral Ecology in Health and Infection, supervised by Professor Hoshino Etsuro.

I am pleased to share with you something that you might not know. Something that is originally from Yemen but can be found in almost every vending machine you may cross by, something that is enjoyed by most of you, something that is black but can be white! Something called **“Mocha coffee”**.

Have you ever thought what does Mocha mean? A friend of mine told me it sounds like an Italian name! What do you think? Do you agree with her? I will not let you think for long, Mocha (Al-Makha) is a port city that Yemeni coffee is shipped from! It is one of the oldest seaports in Yemen; however, it is not only synon-

ymous with coffee, but it is the only true Mocha in the world! And why is the coffee called Mocha? Well- in the coffee trade-it was too complicated to name all the little sub-regions where the coffee is actually grown, so they used to call coffee harvested in Yemen as “Mocha Coffee”. In fact, the Yemeni coffee is selected by worldwide consumers as one of the top three coffees; however, there are so many interesting facts that makes Yemeni coffee one of the best in the world.

First of all, the climate in Yemen plays a major role in making coffee beans so distinct and unique. In fact, warm humid climate with the availability of an ample quantity of water is considered ideal for coffee growth; however, most of the areas where the coffee tree is grown lack the



Coffee Terraces

suitable conditions for its growth. In Yemen, coffee is grown mainly in areas that are 1,000 to 1,700 km high above sea level where valleys and mountain terraces have dry air and infrequent rain, added to that the soil is not capable enough for storing water. In fact, Yemeni farmers have throughout the years managed to acquire great experience in cultivating the coffee tree in circumstances guaranteeing requirements of production.

Second, the harvesting of coffee—which usually starts in fall when the clouds dissipate and the air turns bone dry—is done by hand in a way that keeps the crop in good quality. Farmers often start harvesting the crop when the coffee fruit turns its color from bright red to violet or dark gray; however, they usually separate the falling fruits from the harvested ones since the falling fruits might be full of humidity which affects the quality of the crop. After that, they spread the crop on the roofs of their stone houses and allow drying under direct sunlight; however, the crop is usually dried with the fruit still attached to the beans. After the fruit and bean have dried, the

shriveled fruit husk is removed by millstone which accounts for the rough and irregular appearance of Yemeni beans.

Last, the roasting process has some specific stages; thus, a specific flavor. In fact, the flavor story starts right from the beginning even before roasting! Usually the local farmers in remote mountain villages store sacks of coffee beans on the floor of their stone houses until they need some ready cash; as a result, the coffee has a fermented flavor and for that the dominant flavor in Yemeni coffee is usually described as “winey”. Then comes the roasting process which adds additional prized flavors; since these coffees are grown in very high areas they need to be roasted slightly longer than other coffees. The coffee is dry processed and develops its flavors over the first two days after roasting. Ideally, it is better to wait for 24-48 hours before brewing. However, you may expect uneven roast colors from Yemeni coffees. The roast color will be uneven from bean to bean; still, this will



Coffee Drying

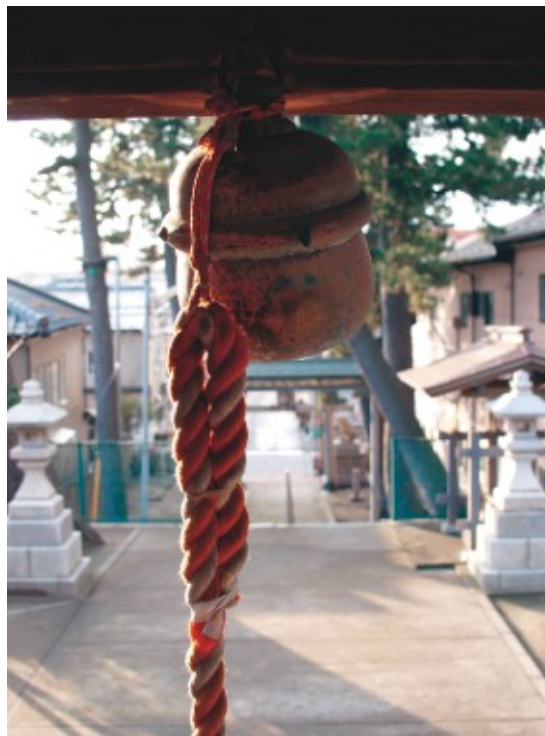


Coffee Cherry

never affect the “cup quality”.

In conclusion, coffee from Yemen is still farmed much the same way as it was 1200 years ago; harvested by hand, dried in the sun, and processed locally before being shipped. Furthermore, the climate in Yemen has unique circumstances for growing the coffee tree. In my opinion,

such uncommon interesting facts about cultivating this wild non-hybridized coffee tree will definitely result in a unique, distinct, and special coffee known to the world as “Mocha Coffee.” So whenever you have the chance to enjoy a cup of Mocha Coffee just remember that it is originally from Yemen.



# Finger Licking Bangladeshi Cuisine

Division of Orthodontics Rahman Farhana

Bangladesh is a country in South Asia. It is bordered by India on all sides except for a small border with Burma (Myanmar) to the far south-east and by the Bay of Bengal to the south.

Bangladesh is located in the low-lying Ganges-Brahmaputra River Delta or Ganges Delta. This delta is formed by the confluence of the Ganges, Brahmaputra (Jamuna), and Meghna rivers and their respective tributaries. The Ganges unites with the Jamuna (main channel of the Brahmaputra) and later joins the Meghna to eventually empty into the Bay of Bengal. The alluvial soil deposited by these rivers has created some of the most fertile plains in the world.

Most parts of Bangladesh are less than 12 metres (39 ft) above the sea level, and it is believed that about 50% of the land would be flooded if the sea level were to rise by a metre (3 ft).

The highest point in Bangladesh is in Mowdok range at 1,052 metres (3,451 ft) in the Chittagong Hill Tracts to the southeast of the country. A major part of the coastline comprises a marshy jungle, the Sundarbans, the largest mangrove forest in the world and home to diverse flora and fauna, including the Royal Bengal Tiger. In 1997, this region was declared

endangered.

The culinary tradition of Bangladesh has close relations to Indian and Middle Eastern cuisine as well as having many unique traits. Rice and curry are traditional favourites.

The staples of Bangladeshi cuisine are rice, *atta* (a special type of whole wheat flour), and at least five dozen varieties of pulses, the most important of which are *chana* (bengal gram), *toor* (pigeon pea or red gram), *urad* (black gram), and *mung* (green gram). Pulses are used almost exclusively in the form of *dal*, except *chana*, which is often cooked whole for breakfast and is processed into flour (*besan*).

Courses in Daily meal :

The foods of a daily meal are usually simpler, geared to balanced nutrition and makes extensive use of vegetables. The courses progress broadly from lighter to richer and heavier.

Usually in the breakfast, we eat Roti (made of wheat flour) with vegetables, pulses (daal), sometimes also chicken or beef curry. There are several styles of Bangladeshi bread, including *luchi*, *chapati*, *paratha* and *naan*.

During lunch and dinner, bangladeshi people eat rice with curry in home.



Normally, the curry we eat everyday is not too spicy. There are many types of curry in Bangladesh, like chicken curry, beef curry, mutton curry, prawn curry, fish curry, egg curry, potato curry etc. Lots of spices are used to cook those curry. The most important spices in Bangladeshi cuisine are garlic, ginger, coriander, cumin, turmeric and chilli.

Special dishes :

In the festivals or wedding ceremony, we eat some special dishes like,

**Biryani:** It is the mixture of rice and mutton with spices. The spices and condiments used in biryani include ghee, cumin, cloves, cardamom, cinnamon, bay leaves, coriander and mint leaves, ginger, onions, and garlic. The premium varieties include saffron.

**Morog Polao:** Rice mixed with chicken and lots of spices and oil.

**Tehari:** which is a mixture of rice and beef with spices and oil.

**Plain polao :** made of rice and spices and oil.

Those special rice dishes are eaten with roast (chicken curry cooked with yogurt), rezala (mutton curry), tandoori chicken, kabab (made of beef



or mutton), vegetables, pickles (chatni) and salad. During wedding ceremony, we take a special kind of spicy drink named Borhani. Borhani is made of yogurt, mint, salt, pepper and mustard seed.

Paan is chewed as a palate cleanser and a breath freshener, consists of Betel leaf (*Piper betle*) combined with the areca nut. It is also commonly offered to guests and visitors as a sign of hospitality.

Now, lets try to cook a very easy bangladeshi curry :

Ingredients needed:

- 1 . 6 skinless, chicken legs-cut and make 12 pieces
- 2 . 1/4 cup olive oil
- 3 . 2 large onions-slice the onions
- 4 . Garlic and ginger paste 3 table spoons each
- 5 . Cinnamon 3 sticks
- 6 . Cardamom 4 pieces
- 7 . Red chili powder-half table spoon

Directions :

1. Heat oil in a large skillet over medium heat. Add onion until it becomes soft and golden brown. Slowly add ginger and garlic paste, cinnamon, cardamom, chili powder and salt. Mix all the ingredients at least for 10 minutes. Once ingredients are blended together, add chicken legs. Cover skillet and simmer over medium low heat for about 30 minutes or until chicken is cooked. If becomes dry then add half cup of hot water.
2. Remove cover from skillet and



cook for an additional 15 minutes, until sauce reduces. (Note: Make sure that you stir and the dish does not burn)

Lastly, you can also add 2 table spoons of tomato sauce and butter to make your dish more delicious.

**Nutritional Information :**

- Calories : 246
- Total Fat : 11.3 g
- Cholesterol : 68 mg
- Sodium : 81 mg
- Total Carbohydrate : 7.5 g
- Dietary Fiber : 2.7 g
- Protein : 28.5 g

**Some sweets and desserts :**

- Chômchôm
- Peetha-rice cakes, differ from region to region
- Kalo jaam
- Rasgulla (Roshogolla)
- Pheerni
- Kheer
- Halwa Halua-there are different types of halua (semolina-shooji, carrot-gajor, almond-badam etc..)
- Jeelapi & Amirti
- Doi-sweetened homemade

- creamy yoghurt
- Shemai-vermicilli
- Shondesh-an extremely popular dessert associated with the Bengalis
- kaacha shondesh, is an unrefined form of shondesh
- Jorda-sweetened rice or vermicilli, fried in ghee (clarified butter)
- Chchon papri
- Roshomalai-small roshogollas in a sweetened milk base
- khaja & Goja-fried sweets
- Borfi-there are different kinds of them
- Murobba-traditionally made with a type of melon (chaal kumrar murobba)



**Snacks :**

Murri: It is puffed rice made by heating sand in a pot, and then throwing in grains of rice. The rice can have been washed in brine to provide seasoning. The rice puffs up and is separated from the sand by a strainer. Murri is very popular and is used in a wide variety of secular and religious occasions, or even just munched plain.

A variant of murri is khoi, which is flattened puffed rice. Both varieties are used to make many different snack foods.

Jhal-Murri One of the most popular

and iconic snack foods of Bengal, *Jhal* literally means ‘hot’ or ‘spicy’. *Jhal-muri* is puffed rice with spices, vegetables and raw mustard oil. Depending on what is added, there are many kinds of *jhal-muri* but the most common is a *bhôrta* made of chopped onion, *jira* roasted ground cumin, black salt, chillis (either ripe or dried), mustard oil, and fresh coriander leaves.

*Moa*: *Moa* is made by taking *muri* with *gur* (jaggery) as a binder and forming it into a ball.

*Chanachur*: It consists of a variable mixture of spicy dried ingredients, which may include fried lentils, peanuts, chickpea flour noodles, corn, vegetable oil, chickpeas, flaked rice, and fried onion. This is all flavoured with salt and a blend of spices that may include coriander and mustard seed.



*Fuchka*: is a popular street snack. It comprises a round, hollow “*puri*”, fried crisp and filled with a watery mixture of tamarind, chili, chaat masala, potato, onion and chickpeas



These snack foods are most often consumed with evening tea. The tea-time ritual was probably inspired by the British.

In conclusion, the culinary style of Bangladesh, developed rather independently; it was not greatly influenced by the rest of India and Southeast Asia because of the difficult geography of the Ganges delta. Four characteristics stand out: fresh-water fish, beef (only for Muslims), the extensive use of parboiled rice and mustard oil. *Ādal* is also a staple. Spices are used sparingly, and the methods of preparation are relatively simple—steaming, frying or stewing. Floods are common in the region, so there is an extensive use of root vegetables and dried fish (*shuṭki*). However, sweets do contain milk and dairy products as well as jaggery and rice paste.