

BAITUNA



The word 'Baituna' is derived from the Arabic language, meaning 'our home.' This name was chosen by the students to symbolize their connection to the language house.

Situated within Ragans Hall at FSU, the language house consists of three apartments where eight students who are learning Arabic reside, along with a native speaker of Arabic serving as a teaching assistant. Throughout the week, we organize three activities, each taking place in one of the apartments. These meetings include a cooking workshop, a movie night, and a game night. Engaging in these activities presents a unique opportunity to fully immerse oneself in Arabic culture and language. By participating in the language house, students can enjoy the advantages of language exchange programs abroad while staying within the comfort of their own apartments.

Given the diverse nature of the Arab world, with each country boasting its own unique culture, cuisine, traditions, and accent, we have chosen to highlight a different region of the Arab world every month. In September, we focused on the

LEVANT

In this issue you will find :



cooking :

Food holds great significance in Arab culture as it serves as a unifying element, bringing together family and friends around the dining table. Every week, we have a cooking workshop with the language house students and the professors. As part of the workshop, students were provided with a recipe handout and collectively wrote down Arabic cooking terms on a whiteboard. Active participation was encouraged, allowing each student to contribute and engage in the cooking session.



Game and cultural nights:

Each week, the language house students gather in one of the apartments for our game night. We select a different Arabic game each time, allowing students to expand their vocabulary, deepen their cultural knowledge, and practice their language skills in a fun and interactive way.

We occasionally organize cultural nights, whom focus on specific aspects of a region's culture. These evenings serve as opportunities for students to engage in meaningful discussions, share personal experiences, and deepen their understanding of the cultural heritage of the region.



Movie nights:

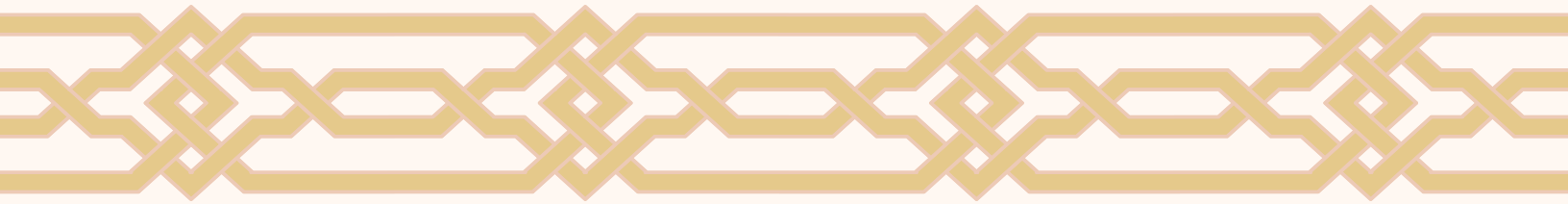
Twice a month, the students watch a movie from this region and they engage in a discussion with their Arabic professor, covering topics ranging from cultural aspects depicted in the movie to the specific vocabulary used, as well as delving into the historical context. The discussions leave the students with a new vocabulary and understanding of the Arab culture .

What is cooking at Baituna?



During the first cooking workshop held on Thursday, students had the opportunity to explore a traditional dish, Mjaddara, along with a refreshing salad called Fattoush.





Our dishes for the week

Mjaddara

Recipe:

1 cup of lentils

1 cup of rice

2 onions

half tablespoon of black pepper

half tablespoon of salt

1 teaspoon of cumin

1 teaspoon of sumac

oil

Instructions:

Rinse the lentils and soak them for two hours

Put the lentils in a pot on low heat

Rinse the rice and add it to the lentils

Add two cups of water. Then some salt, cumin and black pepper to the pot

Put a little bit of oil in the pan. Then add onions and let it brown

Add the browned onions to the pot, and mix all the ingredients



Fattoush

Recipe:

1 tomato

2 cucumbers

1 Romaine lettuce

1\4 cup of parsley

2 green onions

5 radishes

Toasted pita bread

Olive oil

1\4 cup of squeezed lemon juice

Mix all of the ingredients gently and put them in a bowl

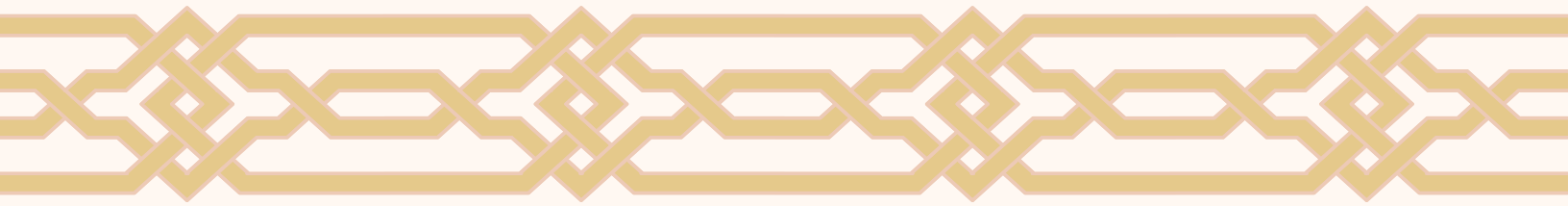


Second cooking workshop



During the second cooking workshop held on Thursday, students had the opportunity to make a Lebanese breakfast





Our dishes for the week

Bread with Labneh

Recipe:

Labneh
cucumbers
tomatoes
pita bread
olive oil
olives
mint



Instructions:

Spread the Labneh on the pita bread and add a bit of olive oil. Add the toppings (tomato, cucumber, olives and mint).

Man'oushe

Recipe:

Za'atar (Middle Eastern spice mix of thyme, sesame seeds and sumac)
cucumbers
tomatoes
tortilla bread
Fillo dough
olive oil
mint

Preheat the oven to 350 degree F

Instructions:

Mix Za'atar with olive oil
Spread the mixture on a tortilla bread or fillo dough, put the dough in the oven until it is brown.
You can add your favorite vegetables on the side.

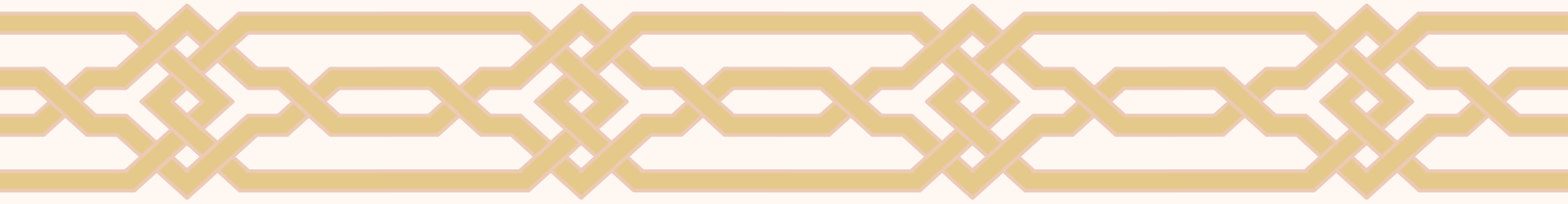


Third cooking workshop



During the cooking workshop held on Thursday, students had the opportunity to make a dish called Shakshuka and Arabic cheese





Our dishes for the week

Shakshuka

Recipe

Extra virgin oil
1 large chopped onion
1-2 green bell peppers
2 minced garlic cloves
Coriander
Cumin
Paprika
6 medium sized tomatoes
1\2 cup of tomato sauce
6 large eggs
Parsley



Arabic Cheese

Recipe:

4.5 cups full cream (whole) powdered milk
1/2 cup white vinegar
4 teaspoons salt

Instruction:

In a very large pot combine the milk powder and 4 liters of water and whisk until the milk is thoroughly dissolved. Heat to 122 °F.
Stir in the white vinegar.
Line a colander with a cheesecloth over a large bowl to catch the whey.
Strain the whey and transfer it to a saucepan and bring to boil, add the salt and stir well



Fourth cooking workshop



In the third cooking workshop, students made a Lebanese dish called Spicy Potatoes 'Batata Harra'



Our dishes for the week

Lebanese Spicy Potatoes

Recipe:

8 medium gold potatoes *cut into cubes*
2 tablespoons olive oil
½ teaspoon salt
3 garlic cloves *minced*
2 teaspoons crushed red pepper
1 cup chopped cilantro
1½ teaspoon of sumac

Instruction:

Preheat the oven to 450F , put the potatoes on a baking sheet , drizzle olive oil on top and roast the potatoes.

In a pan, heat one tablespoon of olive oil, add the garlic, red pepper and cilantro. Add the mixture to the the potatoes once they are roasted.

Credit to Feel Good Foodie



Game Night in Arabic



On Monday, we gathered in one of the apartments for our game night.

The first game we played was Letters Domino, which the students found both enjoyable and beneficial. It served as a helpful exercise for reviewing the Arabic letters and words beginning with those letters.

The second game, which happened to be a favorite among the students, was an Arabic version of Monopoly. While indulging in the game, they had the opportunity to practice their language skills by using Arabic words they were familiar with, as well as by seeking assistance from our language assistant, who joined them for the game night. Some students were clearly business-minded.



We played a game called 'Guess What', students were tasked with acting out expressions, locations, or words in Arabic while the rest of the group tried to guess the corresponding Arabic word. This game proved to be both challenging and enriching for the students, as it provided them with an opportunity to learn new Arabic sayings and words.

Among the many sayings explored, we have highlighted one in our newsletter whom translates to 'don't worry, I've got it' in English.



As part of our cultural activities, we have learned about olive season which is usually observed in October. This time of year holds great significance, as Arab families participate in the tradition of olive picking, where they harvest olives to produce fresh olive oil.

In addition to the enriching activities we offer, we have provided students with a collection of Arabic books. The books were educational and enjoyable.



Movie Night



The students watched a Syrian movie titled 'For Sama.' The students gathered to watch this movie together in Arabic.

We have received three televisions. One for each apartment, equipped with Arabic channels! As part of our monthly selection, every apartment has the opportunity to watch the captivating Lebanese movie 'Caramel' individually before engaging in a thought-provoking group discussion.



Announcement of the month



Would you like to be a part of this exciting journey and immerse yourself in the vibrant Arab world through the Arabic Language House in Ragans Hall?

Rest assured, it is absolutely possible! To join us and embark on this immersive experience, all you need to do is get in touch with Dr. Zeina Schlenoff:

zschlenoff@fsu.edu