

Sharing in the Sudanese Feast Sunday, January 14, 2024

On January 14 the Sudanese congregation held their annual Christmas dinner – which had been postponed from December 10 due to a death in their community.

Sudanese hospitality is well known and many of their meals are communal. They extended the invitation to all of St. Andrew's to join them. 13 hardy souls braved the arctic temperatures to join the feast. And it was a feast! The women spent all day Saturday cooking their many delectable dishes. They left the building around 2 AM!

Sudanese cuisine consists mostly of savory stews, meats and grains. The meals are budget conscious, and it was a privilege to share what they had on offer. Not everything was recognizable, but the proud cooks were always willing to explain what was in a dish. A few of the items I remember enjoying are: Samosas, fried fish, chicken, rice, couscous, Ful medames (made with fava beans, meat and boiled eggs), tripe, and Gorassa (Spongy flatbread). They also had lasagna for the less adventurous. The meal was completed with a sweet and tasty dish called kuindiong which is made from semolina, buttermilk, butter and sugar. There were many other stews available also, but no name comes to mind for them.

Trinity Hall was full of laughter and conversation. It was a great way to get to know our Sudanese brothers and sisters a little better. As James and Isaiah (liaisons with St. Andrew's) say *"it is always a pleasure to have one special dinner together as one family of Christ"*:

I have been blessed to share in this meal with the Sudanese for several years now and would encourage everyone to consider going the next time we are invited.

My deep thanks to the Sudanese congregation who provided for the whole meal and especially to the women who spent so many hours preparing the dishes. It was a labour of love, and I feel blessed by their faith.

~ Dolly Forcade







