

Food

Delicious Hungarian dish

Classic chicken paprikash easy comfort dinner

By Katie Workman

Chicken paprikash is the kind of dish that reveals itself immediately and inarguably as comfort food, even if you've never eaten it before in your life.

It's a classic Hungarian dish which features chicken, onions, broth, tomatoes (sometimes, not always) and of course copious amounts of paprika. I have been playing around with my tin of smoked paprika for quite a while now, and while I love the flavour, it can come on strong. So here I relied primarily on the typical sweet Hungarian paprika, then added a little bit of smoked to give it another level of flavour. You also could add a bit of hot paprika to give the dish a different kind of kick.

If you are the kind of person to

make your own dumplings or noodles, this is a great moment to whip out that skill set. For the rest of us, and for a weeknight dinner, a bag of egg noodles fits the bill perfectly. You don't want to heat the sour cream in the sauce over the stove, or it might curdle. Just stir it into the pot at the very end and it will add a tangy-creamy note to the warm sauce.

Chicken Paprikash**Ingredients:**

3 pounds boneless, skinless chicken thighs
Kosher salt and ground black pepper
1 tablespoon canola oil
2 large yellow onions, quartered length-wise and thinly sliced cross-wise
2 cloves garlic, finely minced
2 tablespoons all-purpose flour



This Jan 18, 2016 photo shows chicken paprikash with egg noodles in Concord, N.H. (AP)

2 tablespoons sweet paprika
1 teaspoon smoked or hot paprika (optional)
2 bay leaves
14-ounce can crushed tomatoes
2 cups low-sodium chicken broth
3/4 cup sour cream
16-ounce bag egg noodles

Method:

Season the chicken with salt and pepper. In a very large, deep heavy saute pan (such as cast-iron) over medium-high, heat the oil. When the oil is hot, add the chicken and cook for about 4 minutes. Flip the chicken and cook for another 4 minutes; it will not be cooked through. Transfer the chicken to a plate. It's fine if there are bits stuck to the pan.

Return the pan to medium heat and add the onions. Sauté for 5 minutes, or until softened and moderately

browned. Stir in the garlic and saute for another minute. Stir in the flour and both varieties of paprika, stirring for 1 minute, or until well mixed. Add the bay leaves, tomatoes and broth. Bring to a simmer, stirring occasionally and scraping the bottom to loosen any stuck bits.

Return the chicken to the pan, along with any juices on the plate. Cook for another 10 minutes, or until the chicken is cooked through.

Meanwhile, bring a large pot salted water to a boil and cook the egg noodles according to package directions. Drain and divide between serving plates. When the chicken is cooked, remove the pan from the heat. Remove the bay leaves from the sauce and discard, then stir in the sour cream. Top each portion of noodles with chicken and sauce. (AP)

Poncert



Doss



Harriet Bushman



Vloie



Tara Jeana



Slash



Sarah



Photos by Djinane Al Suwayeh Faten Osseili

Kuwaiti poet, thought influencer Nejoud back with 2nd edition of show

'Poncert' to feature group of talented artists

By Chaitali B. Roy

Special to the Arab Times

When various art forms like poetry, music and dance come together on stage at times in an impromptu fusion, it has the potential to gratify all senses simultaneously – and it is also a perfect example of art not having any boundaries. On Monday, March 21, Kuwaiti poet and thought influencer Nejoud Al Yagout will get together a group of talented artists to present a 'Poncert: When P's Meet (Poetry, Piano and Performance Art)' at the American University of Kuwait at 7 pm. The show will feature poetry by Nejoud Al-Yagout, piano by Harriet Petherick Bushman, performance art by (in alphabetical order) Doss, Sarah, Slash, Tara Jeana and Vloie, and the show will be emceed by Faten Osseili.

Just months after the successful launch of her second book of poems titled 'Awake in the Game of Pretending' where Nejoud Al Yagout continued her exploration of the various ramifications of love both in its intimacy and detachment, at times with elegiac or life-affirming assessments, but always touching, she is back

with the second edition of a show that marks a promising partnership between herself, acclaimed classical pianist and composer Harriet Bushman, writer Tara Jeana, creative artists Slash, Doss and Vloie, dancer and storyteller Sarah, and presenter Faten Osseili.

Explaining the idea behind the concert, Nejoud shares, "I cannot recite poetry without music. Finding Harriet Petherick Bushman was akin to discovering a diamond in a mine! The idea of incorporating performance artists was born because I am averse to being in the spotlight whilst reciting." But the performance is not all going to be studied and practiced. There will be moments of spontaneous creation and impulsive reactions that will add a certain excitement to the show. Harriet Bushman, the composer behind several very successful shows, adds, "Nejoud likes to have music to accompany the recitation of her poems. When she initially invited me to collaborate I



Nejoud

agreed on the condition that I would improvise according to momentary inspiration; that I would not write or rehearse any music beforehand."

Creative

Nejoud Al Yagout, who undeniably has a way with words chanced upon the word 'poncert' during one of her creative epiphanies. "I made up the word in my second book of poems, Awake in the Game of Pretending. It was part of a vision - a marriage of sorts between verse and sound; a combination of two words: poetry and concert." On Monday, the 'poncert' at AUK will feature a creative collaboration of poetry, piano, and performance. "Words, notes, and dance waltz together in a realm of possibility. Amazingly, though there is structure to the performance art and everyone is acquainted with the poems before the show, we don't hear Harriet's composition until the night of the performance. So, a part of the show incorporates stepping into the unknown. From this aspect, we are one with the audience," explains Nejoud when asked to share details of the show. Harriet, who has performed widely with international chamber musicians, provides a glimpse into her

share of the spontaneous performance. "All the music will be improvised on the spot. I request from Nejoud an adjective to suggest the mood of each poem, and I'll think about it a little. But on the night, I will simply play what comes into my head, what the poem inspires."

According to Nejoud, Kuwait is experiencing a cultural shift, and the time is ripe for interdisciplinary projects that will push the envelope. "Nothing will evolve if we don't act upon inspiration. Something takes over that is beyond fear. It does not have to be an act of rebellion or force. When you are in love with what you do, the process of thought-evolution materializes effortlessly. A little provocation won't kill anyone; it only offends the conditioned ego. Besides, it is healthy to be shocked once in a while. It makes us immune to transition," smiles Nejoud.

Majestic

The Monday 'Poncert' at the AUK will feature some of the most creatively gifted people in Kuwait. Speaking of her talented partners in crime, Nejoud says, "How fortunate am I to work with such amazing artists? Collaboration is majestic! In

alphabetical order, we have Doss, who is a performance artist and dancer; and Sarah, who not only dances but is a storyteller. Slash is a b-boy, actor and filmmaker. Then we have Tara whose profession is teaching; however, she is also a writer and creative artist. Finally, we have Vloie – who is both a b-boy and dancer. Such eclectic talent! And to be able to work with them is a creative adventure. Apart from the performance artists, we have Faten Osseili who will be the Emcee of the evening. Each person has something unique to offer."

As a poet – thinker, Nejoud Al Yagout's voice is one of empathy. Hers is a voice of reason, to which one should pay heed in these times of excess. Today, with political, social, economic mayhem destroying lives, with individual expressions suppressed in many parts of the world, there is a longing for a soothing of souls. And Nejoud Al Yagout with her creative partners Harriet Bushman, Tara, Sarah, Doss, Slash, Vloie, and Faten promise to do that. At the March 17th open event at the American University of Kuwait, they will enlighten, touch, entertain and lift us with their creative expressions.

dential: 94087800 English/Arabic.

Latest

Cancer online support group: If you are Cancer patient or family member fighting with this deadly disease, come join our online support group. Best way of dealing with this disease is providing support and share our experience with each other. There are lot of things which even doctors can't tell so be member of this website and start sharing your experiences which may help others. October is recognized as National Breast Cancer Awareness Month (NBCAM). The primary purpose is to promote self examination and screening mammography as the most effective way to save lives by detecting breast cancer at early stage. For more information visit: <http://fightingwithcancer.webs.com/>

KDA elects officials: At the Area General Body meeting of the Kozhikode District Association held in Fahaheel area, the following were elected as office bearers and executives for the year 2016-2017. Noufal Bareena (President), Mohammed Haneefa (Vice-President), Noushad K.K. (Secretary), Umesh K.T.K. (Joint Secretary), Jothi N.V. (Treasurer). Also Muneer Marakan, Das K.T., Majeed M.K., Mujeeb M. Taha K.V., Sivadas P., Abdul Najeed T.K., Jeneesh M.C., Santhosh Kumar and Zubair Parakadave were elected from Fahaheel to the Central Executive Committee.

The following were elected officials for Mahilavedi: Mrs Febina Mubin (President), Mrs Kamaruneesa K. (Secretary),

Mrs Haseena (Treasurer). Also Reja Santhosh, Mrs Nuziha Yashiq, Mrs Smith Ravindran, Mrs Sajitha Sivadass, Mrs Raji Jineesh were elected to Mahilavedi as Fahaheel area representatives.

At the Area General Body meeting held in Kohinoor Auditorium Fahaheel, Association's Acting President Jawed Bin Hameed inaugurated the meeting. Area President Das K.T. presided the meeting and General Secretary Abdul Najeed T.K. briefed Association activities. Also Area Secretary Noufal Bareena presented Area on the annual report and Treasurer Jineesh presented financial report. Association's President Jawed Bin Hameed, Secretary Abdul Najeed T.K., Treasurer Najeed P.V., Patrons Rajagopalani Edavalath and Hameed Keloth, Mahilavedi President Mrs Reja Santhosh, Mahilavedi

Area President Mrs Febeena Mubin, Executive Members Haneef C. Shyji K. Das K.T., Raouf Mashoor, Shaji K.V., Basheer Kulangara, Sidharthan, Sameer Vellayil, Taha K.V., Muneer Marakan, Majeed M.K., Rishi Jacob, Zubair Parakadave, Sajith Das, and Mrs Divya made felicitation speeches. Siraj Eranjikal and Raju S. Kandi were the presiding officers for the election. Noufal Bareena welcomed all attendees and Jothi expressed the vote of thanks.

Indian Embassy notice: At the initiative of the Hon'ble Prime Minister, a scheme for Voluntary Certification of Yoga Professionals has been launched by the Ministry of AYUSH (Ayurveda, Yoga, Naturopathy, Unani, Sidha & Homeopathy) to spread the traditional

knowledge of India by assuring quality of Yoga Practices across the world. The Ministry of AYUSH in the wake of declaration of International Day of Yoga has identified Quality Council of India (QCI) to develop a scheme for Voluntary Certification of Yoga Professionals since QCI has expertise in developing such quality based on the best international practices.

The objective of the scheme is to certify yoga professionals which will evaluate four levels of competence ie: yoga instructor, yoga teacher, yoga master and yoga acharya. The scheme is being launched by the Ministry of AYUSH and implemented by Quality Council of India. Yoga stands for harmony & peace. The aim of the scheme is to specify the competence requirements in terms of knowledge and skills to be complied by the Yoga professionals in the form of Competence Standard. It also aims to define the process of evaluation and certification in laying down requirements for competence and operation of assessment of bodies through Accreditation after creating awareness about the launch of the scheme by the Ministry of AYUSH, Government of India.

For further details about the scheme please log on to yogacertification.qci.org.in

Free drum music classes: Free professional drum music classes are available at Salmiya for all age groups from beginners to advanced by a well experienced drum teacher. For more details: 94974295.

Share your story with Amricani: Do you or any of your family members, acquaintances or friends happen to have a story with the American Missionary hospital in Kuwait (Mustasha Lemraicani) during the years from 1914-1967, the official period of offering medical services in Kuwait?

Please share with us your story or your memory during those old days by writing the event and sending it to the following email address: Mystory@darmuseum.org.kw

Notes: 1. Please send your story only to the above mentioned email. Story shared in Instagram, Facebook or Twitter will not be considered.

2. Please write your story or memory and sign it with your full name, and your contact number.

3. It will be great if you send us your personal photos or those of the place related to the story (optional).

Your story will be part of a new book to be published by DAI.

I am confident that your contributions will be an essential part of the history of Amricani. Share with us!

March 25

Ghana National Day: AGRIC cordially invites you to Ghana 59th Independence Day Celebration on March 25, 2016.

Venue: Bayan, Block 8, Matiqi Bin Ghalib St, behind the Mosque from the round about. Social welfare building. Exit 302, Road 30.

For details contact: 94001690, 60913138, 90088927.

IMA Picnic 2016: Indian Muslim Association is organizing a 'Family Picnic 2016' on Friday, March 25, 2016 in a desert camp at the outskirts of Kuwait City under the theme 'And You will be Superior, if you are true believers (03:139).

As usual it provides a unique opportunity for the entire family to rejoice in fun filled interludes and educational discourses. Activities include variety of sports for children and elders alike, cultural event, skit, literary session (Mushaira) and brief prize distribution ceremony at the end. All basic amenities shall be provided for a comfortable stay for elders and children.

Picnic event kicks off with the breakfast at 07.00 am followed by Sports and other varied activities and keep you engrossed until 5.00pm. Friday Sermon as well as sumptuous Lunch will also be arranged in the same tent.

Ladies are provided with separate adjacent tent to have enough privacy and segregated activities like Sports, Mehendi, Calligraphy, 1minute games etc.

For convenience bookstall and emergency medical services are made available during the occasion.

Picnic spot is located at 85.5 Milestone on Road No. 30 or 40 towards Nuwaiseb. Free Bus Services are arranged to reach the location from Kuwait City, Salmiyah, Jaleeb Al-Shoykh/ Fahaheel, Khaitan and Mangaf / Fahaheel. All are cordially invited to attend this joyous occasion.

For Entry passes and for further details please contact below numbers: Kuwait City – 99117842; Khaitan – 67764245; Abu Halifa – 66971934; Fahaheel – 97263468; Salmiya – 99426664; Abbasiya – 97223941; Youth Wing – 97124000; Ladies Wing – 90020221 (Sisters only).

April 6

DAI announces Story Time: We need your help. Over the summer, the DAI started a Story Time programme that was a terrific success. The children, many of whom came every week, loved the stories and so did the parents. (Truth be told, so did the readers!)

So, due to popular demand, we're going to launch CS21 Story Time, held in two locations. We'll be doing Story Time at the Yarmouk Culture Centre on set Wednesday afternoons for all the kids in the neighbourhood (and anyone else who wants to come). We'll also have Story Time at Amricani Cultural Centre on set Saturday afternoons. The schedule for both is shown below.

Of course, this means we need 32 volunteer readers.

Will you be one of them? Ideally, the book will be read twice, once with minimal interruptions, followed by a more interactive reading. The first reading is designed to help kids get comfortable listening to stories. The second reading, with questions and prompts like "what happens next?" and "what do you think she sounds like?" and "why did he do that?" promotes the development of critical thinking, creativity, and communication skills. Most important, we want both the kids and the

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click

Alcoholics Anonymous: If you know someone who can't stop drinking and would like to help them please check us out and we promise to try to help at www.aarabia.org. There are no fees. This is a genuine public service.

Drinking problem?: You are no longer alone! AA can help you stop. Totally confidential helpline 66028605.

Narcotics Anonymous: NA can help with addiction problems. Totally confi-