

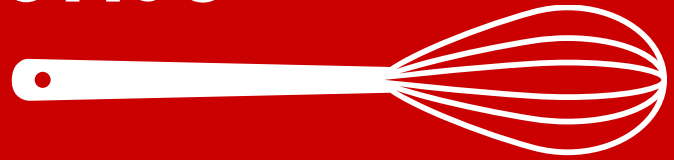


# Bomb

*Working towards a world free from landmines and cluster munitions one plate at a time.*

# Appetit

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Acknowledgements and Thanks

# What is Bomb Appetit?

Our vision at Mines Action Canada is to bring humanity one step closer to peace and social justice by eliminating the impacts of victim-activated weapons and restoring the rights and dignity of affected individuals and communities. With this objective in mind, the Bomb Appétit fundraising initiative is designed to:

1. Spread the word about the impact that landmines and cluster munitions have in communities around the world, and the global efforts to ban their use;
2. Raise funds to sustain our advocacy and programming work here in Canada and abroad; and,
3. Gather your friends, family, neighbours and colleagues for a great meal.

In the following pages, you will find everything you need to know to host your own dinner, as well as some delicious recipes from mine and cluster-bomb affected countries.

Once again, thank you for your interest and dedication to the cause.

Bon Appétit!

Paul Hannon  
Executive Director  
Mines Action Canada

# How do you host a fundraising party?

## Location

You can have your party anywhere – in your own home, in a public park, or even over a virtual video chat! At the end of this book, you'll find a series of menu suggestions, including some that are designed for picnicking. You'll also find our suggestions for a virtual dinner party on the next page!

## Fundraising tips

- Pass the hat or bucket around for guests to place their donations
- Charge each guest a set fee
- Organize a game night (50/50; poker; board game tournament)
- Hold an auction for children's art work, photography, antiques, donated gifts.

## More than just food:

If you and your guests want more entertainment at your dinner party, here are a few options to create a truly immersive experience:

- Watch a documentary! You can find a list at <https://www.minesactioncanada.org/bombappetit>
- Hand out pamphlets! You can find lots of written resources at [minesactioncanada.ca](https://www.minesactioncanada.ca)

# Hosting a Virtual Fundraising Party

## How to plan your party:

- Even though no one has to leave home, it's a good idea to give your guests some advance notice so they can clear their calendars and prepare.
- Once you have a date in mind, send out invites that have the date, time (and timezone!), and any information about your theme or chosen recipes. You can also include a link or PDF of this book so that all your guests have access!

## Choosing a platform:

- Skype is a classic -- it's free, and most people already know how to use it. You can also have up to 40 guests at a time!
- Zoom is very popular these days, but has a time limit of 40 minutes on the free version. Unless you or one of your guests has access to Zoom Pro, it's not the best for parties.
- Facetime is very user friendly, and can host up to 32 people per call. However, you need to have an Apple device to use it, so check in advance that all your guests have one.

# Hosting a Virtual Fundraising Party

## Helpful Hints:

- Send out a checklist in advance so that everyone is prepared with all of their ingredients beforehand.
- Encourage your guests to decorate their backdrop for the party. Now is the time to be creative -- a few throw pillows and pashminas can make you feel like you're in a Syrian restaurant! You can even have guests compete for the best decorations!

## Fundraising virtually:

- Pass the hat virtually by sharing our website link ([www.minesactioncanada.ca/give](http://www.minesactioncanada.ca/give)) in the chat function!
- You can also share our website link and mailing address in the invitation, or in a thank you email afterwards.
- Many of our in-person fundraising tips can also be transferred online -- you can still host a game night with the myriad of free online games available.

# Donor Information:

All funds generously donated by yourself and your guests will go directly to Mines Action Canada.

Please note that although Mines Action Canada is a registered non-profit organization in Canada, it does not have registered charitable status and therefore donations to MAC are not tax deductible.

You can make your donation online at: [www.minesactioncanada.org/give](http://www.minesactioncanada.org/give), or send a cheque to Mines Action Canada.

Mines Action Canada  
PO Box 4668 Stn E  
Ottawa ON CANADA  
K1S 5H8



# Snacks & Appetizers



# NEPALI

## FRIED NOODLE BALLS

### Ingredients

- Two packets of instant noodles
- 1 cup of potato, peeled and steamed
- 4 tablespoons of refined flour
- 1/3 cup of chili powder
- 2-3 stalks of coriander, finely chopped
- 2 ½ teaspoons of ginger
- 1/4 tablespoon of black pepper
- 3/4 tablespoon of salt
- Oil for frying



### Process

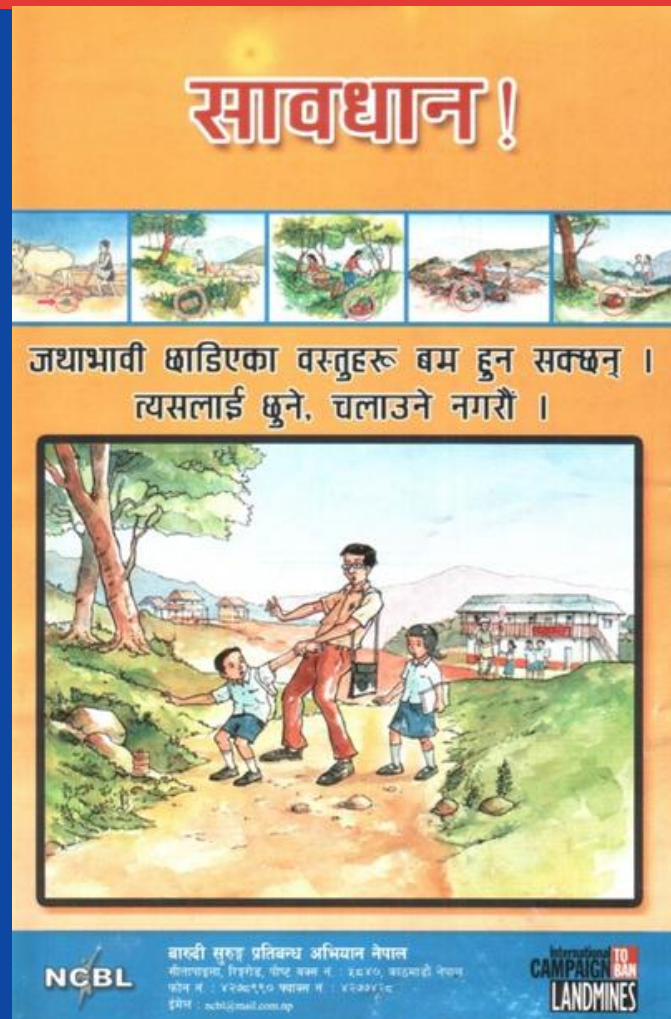
- Mix the steamed potatoes and 3 tablespoons of refined flour in a large bowl until you reach a paste-like consistency. Add the chili powder, coriander, ginger, pepper and salt, mixing well.
- Divide the mixture into equal portions, rolling them into balls between the palms of your hands.
- In a separate bowl, mix 1 tablespoon of refined flour and ½ cup of water evenly.
- Open the noodle packets onto a large plate, then crush until they are reduced to small, 1-inch long pieces.
- Dip the balls in the flour mixture, then roll them in the noodles until they are evenly coated.
- Heat the oil in a large pot, then fry the noodle balls until golden on all sides. Serve immediately.

# LANDMINES IN NEPAL

During the Nepalese Civil War (1996-2006) landmines and improvised explosive devices (IEDs) were used by militants on both sides of the conflict. Although an official peace agreement has been reached, statistics for mine use are difficult to come by. Records from the Ban Landmines Campaign Nepal (NCBL) and the Landmine Monitor estimate that there have been 5,555 casualties since the beginning of the conflict, at least 200 of which took place after the war formally ended.

In 2011, Nepal declared that they had cleared all known minefields. However, multiple casualties have been reported since then resulting from explosive remnants of war (ERWs) leftover from the war that were not removed.

There were more than 1,060 survivors of mines and ERWs living in Nepal in 2018, but the resources available to them remain scarce. Healthcare in Nepal is largely inaccessible to persons living with disabilities (especially those in remote regions) and assistive devices are difficult to come by. Much of the care and rehabilitation provided to mine survivors in Nepal is run by NGOs, including Humanity & Inclusion.



A poster designed by the NCBL to promote mine awareness, 2020  
PHOTO CREDIT: ICBL

# COLOMBIAN AREPA DE HUEVO

## Ingredients

- 1 cup of yellow or white masarepa, or pre-cooked cornmeal
- 1/2 teaspoon of salt
- 1/2 teaspoon of sugar
- 1 cup of warm water
- Vegetable oil for frying
- 4 eggs



## Process

- In a medium bowl, mix the masarepa, salt and sugar with a fork, then add the warm water and mix with a spoon.
- Using your hands, gently knead the mixture to form the dough, then let sit for 5 minutes.
- Divide the dough into 4 portions, and form each portion into a ball by rolling it between the palms of your hands. Reserve a small piece of dough from each portion and set it aside.
- Place the ball of dough on a piece of parchment paper, then cover it with another piece of parchment paper and a cutting board to flatten it. Your dough should be flattened until it is about a ¼ inch thick.
- Heat the vegetable oil in a large pot until it is 350 degree F (or 177 degrees C). Add the arepas one by one to the oil, frying each for 3 minutes, turning it over halfway through.
- Using a slotted spoon, carefully remove the arepas and set them on paper towels to drain.
- When the arepa has cooled enough to handle, use a sharp knife to make a 1-inch wide opening on the edge of the arepa. Be careful not to slice all the way through.
- Crack 1 egg into a small bowl or ramekin, then carefully pour the egg into the arepa. Use the dough you set aside earlier to close the opening.
- Put the arepa back into the oil and fry for 4 more minutes.
- Using a slotted spoon, carefully remove the arepas and set them on paper towels to drain. Serve immediately.



# Main Courses

# COLOMBIAN FRIED GREEN PLANTAIN SOUP

## Ingredients

- 2-3 green plantains
- 5 tablespoons of vegetable or canola oil
- 8 cups of beef broth
- 1 cup of diced onion
- 3 garlic cloves, minced
- 3 scallions, finely chopped
- 1/2 cup of red bell pepper, diced
- 1/2 teaspoon of ground cumin
- 1/4 teaspoon of ground achiote
- Salt and pepper to taste
- Fresh cilantro for garnishing



## Process

- Peel the plantains and cut into slices, preferably 1/2 inch thick.
- Pour the oil into a medium-sized pot, and heat over medium-high heat.
- Add the plantain slices to the oil in a single layer, carefully as to not overlap them. Fry for 3-4 minutes per side.
- Remove from the oil with a slotted spoon and set them aside to cool.
- Heat more oil in a deep pot over medium heat, then add onions, garlic, scallions, bell pepper, cumin and achiote. Cook for 5 minutes, stirring often.
- Add the beef broth to the pot and bring to a boil. Reduce the heat to medium, then cook for 20 minutes.
- Add the fried plantains, then cook over low heat for 10-15 minutes. Do not stir, as stirring could break the fried plantains.
- Sprinkle cilantro as a garnish, and serve hot.



# LANDMINES AND CLUSTER MUNITIONS IN COLOMBIA

Landmines and cluster munitions have endangered the lives of Colombians for decades, having been used extensively during the nearly half-century long conflict between the Colombian government and multiple violent non-state actors. Between 1990-2017, 11,048 casualties were recorded by the Landmine Monitor, including 44 from a single cluster munition incident.



"Mine survivor José Alfonso Yelo speaks to a victim assistance analyst from CCCM, 2017"

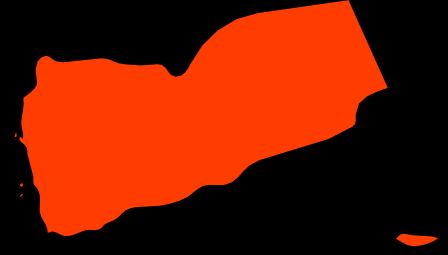
The extent of mine contamination in Colombia is unknown. Non-state actors are said to have informed civilians of mined locations, but the lack of specific information has led to widespread fear of landmines, even in areas with little evidence of contamination. Demining groups have also reported difficulties clearing contaminated areas as many of the mines were made with unconventional materials (including glass jars) that are difficult to detect.

As of 2015, there were approximately 9,000 mine survivors living in Colombia. However, only half of those survivors were found to have received services to which they were entitled under the National Victims and Land Restitution Law. This is due to complicated legal processes, as well as gaps in healthcare accessibility across the board. The lack of comprehensive facilities in rural areas further disadvantages mine survivors.

# YEMENI SALTAH

## Ingredients

- 1/4 cup of olive oil
- 2 onions, chopped
- 2-3 green chili peppers, minced (this can be adjusted to suit your spice tolerance)
- 4 yukon gold potatoes, peeled and diced into 1/2 inch cubes
- 2 tomatoes, finely chopped
- 5 cups of vegetable broth
- 2 tablespoons of cilantro leaves, finely chopped



## Process

- Pour your oil into a Dutch oven or a thick-bottomed stockpot over medium-high heat.
- When the oil is simmering, add the onions and cook for 1-2 minutes. Add the garlic and the minced green chili peppers, then cook for 3-4 minutes.
- Add the diced potatoes and tomatoes, stirring well. Then pour the vegetable broth over the ingredients until they are fully submerged. Bring the pot to a boil, then reduce the heat to a simmer and cook for 25 minutes.
- When the potatoes in your saltah have softened, use a masher to gently mash all of the ingredients together.
- Remove the saltah from heat and serve. We recommend adding Greek yogurt on the side, or the Yemeni chutneys you will find in this book (page 25).

# LANDMINES AND CLUSTER MUNITIONS IN YEMEN

Landmine use in Yemen dates back to the mid-1990s. According to UNICEF, 35,000 casualties were recorded between 1995-2010. Since 2015, 9118 casualties from landmines and ERWs have been reported, including 268 from cluster munitions. These casualties are a result of an increase in attacks on civilians by the Saudi-led coalition.

The extent of landmine and cluster munition contamination in Yemen is unknown, but believed to be widespread. The ongoing armed conflict has made clearance operations almost impossible. The majority of mine clearance in Yemen has been on an emergency, case-by-case basis with no overarching strategic plan.



Children in Yemen participate in activities for International Mine Awareness Day, 2017

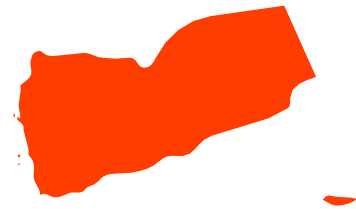
PHOTO CREDIT: ICBL

Due to limited resources for outreach, the number of mine survivors living in Yemen is unknown. Since 2017, the majority of victim assistance programs have been halted due to ongoing conflict. As a result, most of the care available to survivors is provided by NGOs like Humanity & Inclusion.



# YEMENI

# CHICKEN MANDI



## Ingredients

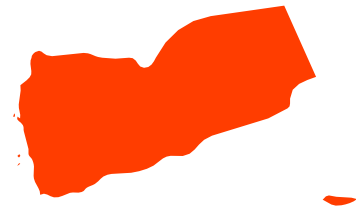
- 1/2 tablespoon of cumin powder
- 2 tablespoons of coriander powder
- 1 tablespoon of black pepper powder
- 1 tablespoon of cardamom powder
- 1 teaspoon of cinnamon powder
- 1/2 teaspoon of clove powder
- 1 tablespoon of turmeric powder
- 1/2 teaspoon of red chili powder (this can be adjusted, depending on your spice tolerance)
- 1/2 chicken with skin
- 2 tablespoons of butter, melted
- 1 onion, chopped
- 1 tomato, chopped
- 1 green chili pepper, chopped (this can be adjusted, depending on your spice tolerance)
- 3 tablespoons of olive oil
- 1 cup of long grain rice (preferably basmati)
- 2 cups of water
- Raisins and sliced almonds for garnishing
- Salt, to taste

## Process

- Mix all your spices together thoroughly. This is the spice mix used most commonly in Yemeni cooking.
- In a small bowl, mix the butter with 2 tablespoons of your spice mix. Brush over chicken, and salt to taste.
- Preheat the oven to 375 degrees F (191 degrees C). Cover the chicken with aluminium foil, and bake for 35 minutes. Remove the chicken from the foil, then bake again uncovered for 25 minutes.
- In a pan, simmer the olive oil over medium-high heat. Add the onions and fry until they are translucent.
- Add the tomatoes and green chili peppers and stir for 3-4 minutes.
- Add 1-2 tablespoons of your spice mix, then stir for 2 more minutes. Add the water and salt, and bring the pan to a boil.
- Once the water boils, add the rice. When it comes to a boil again, cover and reduce heat to low. Cook the rice for 30 minutes, with a pause halfway through to stir so that no rice sticks to the bottom of the pan.
- When the rice is finished, place it in a bowl with the chicken on top, and garnish with raisins and sliced almonds. Serve hot.

# YEMENI

# ZURBIAN STEW



## Ingredients

- 1/2 cup of cumin seeds
- 1/2 cup of coriander seeds
- 2 tsp of black peppercorns
- 1 cinnamon stick
- 1 tsp of green cardamom
- 1 tsp of cloves
- 1 tsp of turmeric powder
- 1/4 cup of vegetable oil
- 1 cup of chopped onions
- 4 cloves of garlic, minced
- 2 tsp of ginger, grated
- 2 chopped tomatoes
- 700 grams of lamb shoulder
- 1 cup of yogurt
- 2 potatoes, boiled
- 1/2 cup of chopped coriander leaves
- 12 cups water
- 2 tsp browned butter
- 2-3 cups of basmati rice (or your serving size preference)
- 1 teaspoon of saffron threads
- Salt, to taste

## Process

- In a saucepan, mix the cumin, coriander, black peppercorns, cinnamon, green cardamom, cloves and turmeric. Shake the pan gently to ensure the spices are spread evenly. Roast the spices over low or medium heat. You will know they are fully roasted when they begin popping or emitting a strong aroma.
- Using a mortar and pestle, grind your spice mix thoroughly. You can also use an electric coffee grinder or spice grinder if you want to save time.
- In a deep cooking pot, heat the vegetable oil over medium. Add the chopped onions, minced garlic, grated ginger, chopped tomatoes, lamb shoulder and yogurt to your pot, then add your ground spice blend. Mix thoroughly, then leave to cook for 30 minutes. You can also use this time to boil your potatoes so they are ready for the next step.
- Add the boiled potatoes to your stew, and allow it to cook covered for 10 more minutes, then remove from heat and set aside.
- In another deep pot, bring your water to a boil, then add the rice, and salt to taste. Mix well, and cook for 10 minutes.
- Grind the saffron threads and mix them with water.
- Transfer the lamb to another deep pot and mix with the coriander leaves, stirring well. Cover the lamb with the rice, saffron mixture, and browned butter, then allow it to cook covered for 20 minutes on low heat.
- Pour the vegetable stew into a bowl, then scoop the meat and rice over it. Serve hot.



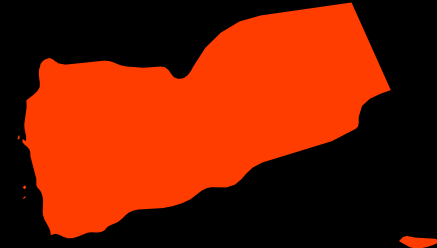
# Sauces & Sides

# YEMENI

## FAVA BEANS & GHEE

### Ingredients

- 1 can of fava beans, or 2 cups of dried fava beans
- 3 cloves of garlic, finely minced
- 2 tablespoons of ghee
- 1/8 teaspoon of freshly ground black pepper
- Salt, to taste



### Process

- If you are using dried fava beans, rehydrate them by placing them in a deep pot and covering with water. Bring the water to a boil and allow the beans to cook for 3 minutes. Then allow the beans to soak for 1 hour. After 1 hour, drain the beans carefully, then (if needed) peel them by squeezing each bean between your thumb and forefinger.
- If you are using canned beans, pour them into a strainer and rinse under running water for 1-2 minutes.
- Pour the fava beans into a bowl, then coarsely mash with a fork.
- Pour the fava beans into a deep frying pan over medium heat.
- Add the minced garlic, black pepper, salt, and 1 tablespoon of ghee to the pan.
- Let boil on low heat for 10 minutes. Do not let the mixture become too dry while boiling – add water if needed.
- Pour onto a serving platter and sprinkle with the remainder of the ghee. Serve hot.

# SYRIAN

# BABA GHANOUJ

## Ingredients

- 2 cups of grilled eggplant
- 1/2 cup of finely chopped tomatoes
- 1/2 cup of finely chopped green bell pepper
- 1/4 cup of finely chopped onion
- 1/4 cup of pomegranate molasses
- 2 garlic cloves, minced
- Salt to taste
- Pomegranate seeds for garnishing
- Finely chopped parsley for garnishing
- Roughly chopped walnuts for garnishing
- Olive oil for garnishing



## Process

- Wrap the eggplant in aluminum foil, then grill until soft.
- Cut the eggplant in half and scoop out the flesh, then mince it with a fork.
- Add the tomatoes, green pepper, onions, pomegranate molasses, garlic, and salt to the mixture, stirring well.
- Spread the mixture evenly on a plate.
- Garnish with the pomegranate seeds, parsley, walnuts, and a generous drizzle of olive oil.

# LANDMINES AND CLUSTER MUNITIONS IN SYRIA

Syria has experienced an ongoing civil war since 2011, which has led to widespread use of landmines and cluster munitions. There have been approximately 3,861 casualties from landmines since the beginning of the conflict, though this figure is believed to be a serious underestimate. In addition, there has been 3,267 recorded casualties as the result of cluster munitions. Civilians make up the largest percentage of casualties, representing 89% in 2017.

There is no current record for the number of mine and cluster munition survivors living in Syria. Humanity & Inclusion estimates that are approximately 1 million people in Syria who have been injured or disabled during the conflict, including mine and cluster munition victims. Due to the ongoing conflict, medical services and supplies for people with disabilities are limited. This issue is further exacerbated by repeated targeting of medical personnel and facilities with bomb strikes and shelling.



Working with children in Domiz refugee camp for Syrian refugees to help ensure their safety in Iraq and when they return home. Northern Iraq, 2014

PHOTO CREDIT: Sean Sutton/CMC/MAG

Landmine and cluster munition contamination in Syria is difficult to measure due to the ongoing use of these weapons, but is believed to be extensive. The use of cluster munitions in air strikes has caused contamination in densely-populated urban areas, further complicating clearing efforts.

# SOUTH OSSETIAN

## KHABIZGINA

### Ingredients

- 1/4 cup of milk, lukewarm at 40-45°C
- 1/2 teaspoon of granulated sugar
- 1 teaspoon of active dry yeast
- 1/3 cup of yogurt, room temperature
- 1 large egg, room temperature
- 1 tablespoon of sour cream, room temperature
- 1/2 teaspoon of salt
- 1 1/2 cup plus 1 tablespoon of bread flour
- 1-2 tablespoons of olive oil
- 9 ounces of potatoes
- 2 tablespoons of butter, melted
- 4 ounces of feta cheese, crumbled
- 4 ounces of mozzarella cheese, shredded
- 1/2 teaspoon of salt to taste
- Freshly ground black pepper
- 1 egg beaten, for brushing after baking
- 1 tablespoon of butter, for brushing after baking

### Process

- In a small bowl, combine the milk, sugar and yeast. Allow to rest for 10 minutes until frothy.
- In a large bowl, combine the yeast mixture with the yogurt, egg, sour cream, salt and bread flour to create a smooth and slightly sticky dough. You can mix it by hand, or by using a stand mixer attachment.
- On a lightly floured surface, knead the dough to form a smooth and elastic ball, about 4-5 minutes.
- Coat a large bowl in olive oil. Transfer the dough to the bowl, turning it over gently to coat in oil. Allow to rest in a warm spot for 75-90 minutes, until puffed.
- Place the unpeeled potatoes in a large pot, then fill with water until they are covered. Add salt, and bring to a boil. Once it has boiled, reduce heat to medium low and cover. Cook the potatoes until they are tender (10-20 minutes, depending on the size of your potatoes).
- Once tender, drain the potatoes and allow them to cool until they are safe to handle.

# SOUTH OSSETIAN

## KHABIZGINA

**For ingredients, refer to the previous page.**



### **Process (continued)**

- Peel the potatoes and grate or mash them into a mixing bowl. Fold in the melted butter, feta and mozzarella, being careful not to overmix. Season to taste with salt and pepper.
- Preheat the oven to 400 degrees F (or 200 degrees C), and place a large round baking sheet or pizza stone in the centre of the oven.
- On a lightly floured surface, roll the risen dough into a large, thin circle. Place the potato mixture in the centre and spread it evenly into a flat layer, leaving a large border around the edges. Your border will need to be a few inches at least so that the remaining dough can be folded to cover the potato mixture.
- Fold the edges of the dough in towards the centre and seal them well to completely cover the filling.
- Flip the bread over, seam-side down, and gently roll to create a smooth, stretched surface. Pierce the top of the bread all over with a fork, then brush with the beaten egg.
- Transfer the bread to your baking sheet or pizza stone and bake until golden, about 30-40 minutes. Remove the bread from the oven and brush the top with butter. Cut it into wedges, and serve hot.



# LANDMINES AND CLUSTER MUNITIONS IN SOUTH OSSETIA

South Ossetia is a disputed territory of the Caucasus that lies between Russia and Georgia. In 2008, conflict broke out between Russia and Georgia, prompting the use of landmines and cluster munitions in the region claimed by South Ossetia. There have been 1,307 reported casualties in Georgia as a whole, many of which took place during the 2008 conflict in South Ossetia. This figure includes 70 casualties from cluster munitions, all of which were recorded in 2008.



A fragment of a cluster munition found in Georgia shows a serial number indicating Russian origin, 2006  
PHOTO CREDIT: John Rodsted

Due to a lack of information from Russian and Georgian authorities, the extent of landmine and cluster munition contamination in South Ossetia is unknown. Both states deny the use of cluster munitions, but eye-witness accounts collected by Amnesty International point to use during the 2008 conflict. There is no current demining action in South Ossetia due to political tension, despite attempts from NGOs like Halo Trust to gain access to the region.

# YEMENI CHUTNEYS

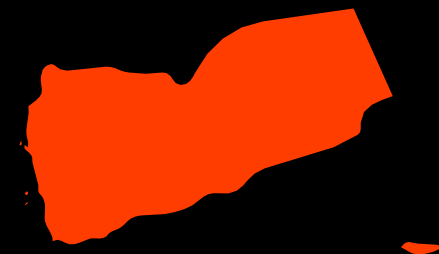
## Ingredients

### Zhug chutney:

- 3 bunches of fresh cilantro, chopped
- 4 green chili peppers (this can be adjusted, depending on your spice tolerance)
- 2 cloves of garlic, peeled
- 1/4 cup of olive oil
- 1 tablespoon of lemon juice
- 1 teaspoon of ground cumin
- 1 teaspoon of ground coriander
- 1 teaspoon of ground cardamom
- Salt, to taste

### Hulbah chutney:

- 2 tablespoons of ground fenugreek seeds
- 1 small tomato
- 1 clove of garlic
- 1 green chili pepper
- Juice of 1 lemon



## Process

### Zhug chutney:

- Combine all ingredients in a blender or food processor, then mix until it reaches a chunky consistency.
- Serve chilled, with saltah (page 14) or with pitas for dipping.

### Hulbah chutney:

- Place your ground fenugreek into a bowl and submerge in water, then let sit for 1 hour.
- Drain the fenugreek (leaving about a teaspoon of water) then mix it with an electric mixer until it reaches a paste-like consistency.
- In a blender or food processor, combine your fenugreek paste with the tomatoes, garlic, chili pepper and lemon juice. Blend until it reaches a smooth, frothy consistency.
- Serve with saltah (page 14) or with pitas for dipping.

# WESTERN SAHARAN BALGMAN

## Ingredients

- 2 cups of whole wheat flour, or Barley flour
- 1/2 cup of olive oil
- 1 cup of milk
- 1-2 teaspoons of sugar to taste



## Process

- Pour your flour into a large bowl.
- Bring 4 cups of water to a boil in a kettle, then pour slowly onto the flour, stirring as you do so.
- Add the sugar, still stirring the mixture.
- When the mixture is cool enough to touch, use your hands to mix it thoroughly, like kneading bread dough.
- When the mixture is evenly kneaded, make a depression in the centre, forming a bowl shape.
- Pour the milk and oil into the depression in the centre of the bowl. Serve immediately. You can choose to serve as-is, or add pitas or flatbread on the side to scoop the mixture with.

# LANDMINES AND CLUSTER MUNITIONS IN WESTERN SAHARA

The sovereignty of Western Sahara remains the subject of a dispute between the government of Morocco and the Popular Front for the Liberation of Saguía el Hamra and Río de Oro (Polisario). The conflict over this dispute has caused heavy landmine and cluster munition contamination. Due to the harsh landscape and sparse population, efforts to record mine casualties in the region have been limited. There have been an estimated 1427 casualties, including 158 from cluster munitions. The majority of the victims were civilians, including 41 deminers.

Though the full extent of landmine and cluster munition contamination in Western Sahara is unknown, it is believed to contain some of the densest contamination in the world, especially along the manmade sand berm that divides the region in half. The eastern region (controlled by the Polisario) is currently on track to be cleared fully by 2025.



Garachi Belkhe was blinded by a cluster munition remnant in Western Sahara, 2008.  
PHOTO CREDIT: Alison Locke.

Many mine survivors are internally displaced within Western Sahara, which has made victim assistance difficult since the end of the conflict. Despite efforts to provide transportation, the vast remoteness of the region makes the few services available largely inaccessible.



# Sweet Treats

# SYRIAN MA'AMOULS

## Ingredients

- 1/2 teaspoon of active dry yeast
- 1/2 cup of lukewarm water
- 3 cups of cream of wheat
- 3/4 of cups flour
- 1/2 of teaspoon salt
- 3 tablespoons of sugar
- 1 cup (or 2 sticks) of softened butter
- 1/3 cup of whole milk
- 3 cups of dates
- 1/4 teaspoon of ground nutmeg
- 1/4 teaspoon of ground cardamon
- 1 tablespoon of orange zest
- 1-2 tablespoons of vegetable oil



## Process

- Preheat the oven to 400 degrees Fahrenheit (204 degrees Celsius)
- Add active dry yeast and lukewarm water, mix lightly to dissolve and set aside for 3-5 minutes.
- Mix the cream of wheat, flour, salt, sugar and the softened butter in a large bowl.
- Add the yeast/water mixture and the whole milk to the bowl, stir until dough forms and let rest for 10 minutes.
- In a food processor, combine the dates, nutmeg, cardamon, orange zest and vegetable oil, then blend until smooth.
- Roll the date mixture into small balls (approximately 1 teaspoon) and set aside.
- Wrap a small section of dough around a date ball, and press into your desired shape (using your hands or a cookie-cutter). You can also use a fork to press a design into the top.
- Bake on a nonstick baking sheet for 12-18 minutes, or until golden brown.

# Menu 1: Brunch

## Dishes to serve:

- Colombian Arepa de Huevo
- Yemeni Fava Beans and Ghee
- South Ossetian Khabizgina
- Syrian Baba Ghanouj
- Syrian Ma'amouls

## Serve them with:

- Pita bread, for dipping in the fava beans.
- Any kind of fair-trade coffee -- some of the best coffee in the world comes from Colombia and Yemen!
- Have yogurt on the side -- it's been a staple in South Ossetia for centuries!
- Mate tea (also known as Yerba Mate) -- this high-caffeine beverage originated in South America, but has become a craze in Syria too!

## Set the mood:

- Look on Spotify to find the top tracks trending in Colombia!
- Write out phrases in Spanish, Arabic or Ossetian to practice with your guests!

# Menu 2: Picnic

## Dishes to serve:

- Syrian Ma'amouls
- Yemeni Saltah (tip: bring Saltah in a thermos to keep it warm!)
- Yemeni chutneys
- Syrian Baba Ghanouj
- Nepali Fried Noodle Balls

## Serve them with:

- Pita bread, for dipping in the baba ghanouj or the chutneys.
- Make your tea Yemeni-style by steeping black tea leaves with cloves, cinnamon, and cardamom, and sweetening with condensed milk.
- Try out making Syrian-style lemonade -- all you need to do is add mint leaves!

## Set the mood:

- Bring your own blankets to your local park to enjoy your picnic (also great for social distancing!)
- Write out phrases in Arabic or Nepalese to practice with your guests!



# Menu 3: Hearty Dinner

## Dishes to serve:

### Appetizers:

- Syrian Baba Ghanouj
- Nepali Fried Noodle Balls

### Main course:

- Yemeni Zurbian

### Dessert:

- Syrian Ma'amouls

## Serve them with:

- Pita bread, for dipping in the baba ghanouj.
- Tea is usually served with dinner in Yemen. For an extra kick, steep yours with cloves or mint!
- In Yemen, fruit is typically eaten with dessert. Impress your guests with fresh mangoes or dates!

## Set the mood:

- One thing Nepali, Syrian and Yemeni culture have in common is their tradition of eating seated on the floor. Set up your room with lots of pillows for an authentic experience!

# About Mines Action Canada



Mines Action Canada (MAC) is an international leader working to eliminate the serious humanitarian, environmental and development consequences of inhumane and indiscriminate weapons

The human-made disaster caused by these weapons is solvable in our lifetime. We exist to advocate for alleviation of the impact of these weapons on the rights, dignity and well-being of civilian populations.

We do this by engaging the Canadian public; building our partners' capacity domestically and internationally; researching and monitoring the performance and compliance levels of disarmament and humanitarian laws, treaties and norms; and developing and disseminating resources.

MAC seeks to create an enabling environment to achieve its goals based upon the core values of peace, social justice, partnership, solidarity, cooperation, and innovation.

# Acknowledgements and Thanks

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# A Note from the editor:

This book has been an incredible labour of love. I can't even count the sheer number of people who contributed to, advised and supported this project to fruition. To everyone involved (and all of you reading this), you have my sincerest gratitude. I would like to extend a special thank you to Erin, Paul, Yeshua, Farah and Isabelle at MAC for their support.

I wanted to include this note to comment briefly on the creative process behind this project. Our goal with this edition of Bomb Appetit was to recognize regions that have been affected by both mines and cluster munitions, as so many of these cultures are unfamiliar to Canadians. As a designer, I let the recipes themselves guide my work and ended up with the colourful layout you've just seen. Researching all these different cultures has been a fascinating undertaking, and I am definitely pleased with the patchwork this book has become.

I don't know about you, but I'm excited to get cooking!  
Bomb *appétit*!

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