

Taste of heritage

FOR the last two decades, food anthropologist and author Dr Dalal Al Sherouqi has been in a perennial battle to preserve long-forgotten Bahraini traditions and cuisine, reports **Nabil Al Mardi**.

She has published several cookbooks besides her Arabic masterpiece *The Heritage Cuisine of Bahrain* in 2006, which has been flying off shelves since then.

However, refusing to rest on her laurels, Dr Dalal is now coming up with the English translation of the book in an attempt to cater to a global audience and widen the scope of influence of Bahraini cuisine.

The book, to be published in collaboration with the Bahrain Authority for Culture and Antiquities (Baca), not only focuses on Bahraini food but also the beliefs, old wives' tales and ceremonies surrounding them. It also features a mix of visual representations of the traditional costumes, artefacts, and festivities alongside text explaining their cultural significance.

Dr Dalal's Arabic book in 2006 was an expansion of a dissertation on Bahraini cuisine during her doctorate research at Preston University in the UK.

She has decided to republish it in response to a massive



FAMILY PORTRAIT: Keeping traditions alive

demand for an English version of the book from tourists as well as historians.

"There are many foreigners interested in the history of our island and there are very few resources accessible to them," she said.

"Recipes, anecdotes and traditions that are unique to Bahrain are usually passed down generations verbally and as a result are at risk of going extinct.

"I've seen traditions die out over time. Our ancestors had many customs and rituals and it's important to document them," she said, crediting her colleague Dr Saad Tahir for encouraging her to pursue her research.

Dr Dalal remembers her hectic schedule in 2006 as she was flying between UK and Bahrain while working on the *Arabic Heritage Cuisine of Bahrain*.

"Looking back, I don't

know how I completed the book," she said.

While in Bahrain, she drove to various villages as well as households with multiple generations living under one roof, to interview the elders about their recipes and traditions regarding food.

"I felt like I was witnessing history and was just doing my duty as a Bahraini to preserve my heritage," she said.

Her oldest daughter Narise Kamber said it was a marvel to watch her mother passionately doing her research for hours on end with a smile on her face. Narise and her younger sister Sireen have helped with the editing and translation of the



English book, while Dr Dalal has been involved at every step to ensure accuracy.

"She was very diligent and meticulous, she spent hours driving between different villages and I remember her even having a handheld translator. It wasn't a chore for her, she was like a sponge of information," Sireen added.

Unlike Palestinian and

Iraqi cuisines, resources regarding food in Bahrain are sparse which inspired her to release three volumes of *Al Waleema* (which translates to wedding feast in English) in 1988, 1993 and 2012.

Dr Dalal has also given lectures at events and television shows. She is currently working on another research-based book on traditional Bahraini clothes and fabric.

"I'm doing this in part for my late mother - she always had her sewing machine handy - it was almost like it was a part of her identity.

"She taught me the history behind it and I want to pass that on to the newer generation as well."

The Heritage Cuisine of Bahrain, translated into English, is set to be released before the end of this year at a number of local bookshops.



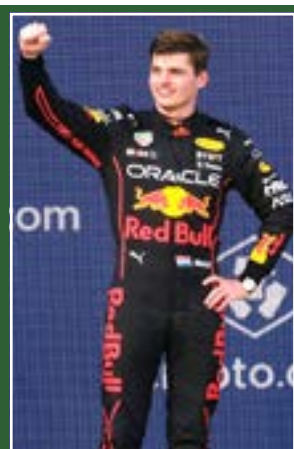
CULINARY QUEEN: Dr Dalal



CULTURAL FESTIVAL
A delightful return
SEE PAGES 2-3



ARTISTIC UNITY
Stunning creations
SEE PAGES 4-5



RACE REPORT
Miami heat
SEE PAGE 7



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CULTURE REPORT

By RAJI UNNIKRISHNAN
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TOP Indian artists, who have been serenading people across the kingdom as part of a 12-day dance and music extravaganza, praised Bahrain, especially its people's unchanging warmth.

After performing at the Bahrain Keraleeya Samajam (BKS), India's 'King of Bhajans and Ghazals' Anup Jalota, legendary instrumentalist Umayalam Kasivishwanatha Sivaramakrishnan and actress-dancer Asha Sharath echoed similar sentiments.

The artists performed during the first three days of the BKS Indo-Bahrain Dance and Music Festival, organised by the Indian Embassy and Soorya Stage and Film Society and supported by the Bahrain Authority for Culture and Antiquities (BACA).

"I am surprised that I never visited Bahrain during the last 30 years, despite frequent trips to Dubai and Muscat," said 69-year-old Anup, who is a recipient of Padma Shri, India's fourth highest civilian award.

He had last visited the kingdom three decades ago. "This place was just as beautiful 30 years ago as it is now," Anup told *GulfWeekly*.

"Of course, new buildings and roads have improved the country's appearance. But the people of this country remain the same – very friendly, warm, educated and classy – be it the citizens or residents. Coming to Bahrain is a pleasure, I should do it more often."

The festival began on May 3 with a performance by Anup and will conclude on Saturday at the BKS Diamond Jubilee Hall.

Anup presented a 'cocktail' of bhajans or hymns, ghazals, patriotic and film songs to the audience.

"People need variety because their tastes differ," he said.

"Some enjoy old film numbers, while others prefer ghazals or bhajans, so we try to provide something for everyone."

"Music is something that makes you happy, so enjoy music that will stay with you for a long time."

Meanwhile, Sivaramakrishnan, 86, performed for nearly three

hours to an enthusiastic audience on the mridangam – an Indian percussion instrument – alongside renowned flutist Amith Nadig, violin exponent Attukkaal Balasubrahmaniam, and keyboard prodigy Stephen Devassy. The *vidwan* (scholar) who received the Padma Vibhushan, India's second highest civilian award,

was in his 50s when he previously performed for the Indian Fine Arts Society in Bahrain.

"I wonder what took me so long to return to a heavenly audience," the veteran said as he accepted the BKS award on stage alongside his wife Abhirami.

"Whenever I play, I truly submit to the audience, my

gurus, seers and parents.

"Music keeps me young and all I need is your prayers so that I can come back more often and perform for you."

South Indian performer Asha, a Dubai resident for

Cultural delight!

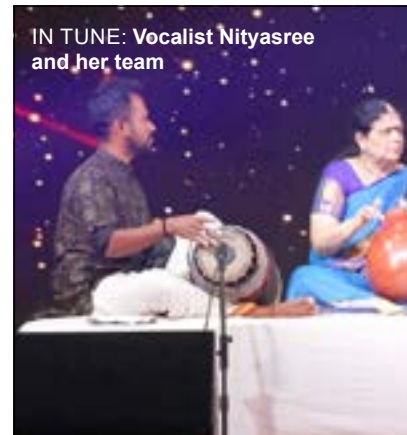
GRACEFUL: Dance performance by Asha



MESMERISING: From left, Stephen, Sivaramakrishnan, Amith and Balasubrahmaniam



IN TUNE: Vocalist Nityasree and her team





Asha. "Online classes during the pandemic have helped many women pursue their passion, especially the elderly. I have a 75-year-old student! It proves that age is no barrier for art form. It also helped me overcome the mental block that fine arts cannot be mastered online."

Asha enthralled audience at the fest through her two-hour dance performance depicting epics, poetry and real life incidents.

Flutist Amith who was on his debut performance in Bahrain hoped it would not be his last.

“Bahrain has been a very pleasant experience for me as a musician - I could not be prouder as an Indian to see such a great achievement by my brothers and sisters in a land far away from home,” he said.

The child prodigy noted that performing with musicians around the world for over 28 years helped him realise the impact of boundless music.

He cited the BKS event as an example, as it lined up artists from ‘diverse backgrounds and geographical locations’.

“But still, we could come together on the day of the concert, talk to each other for a couple of hours and still make music that will remain fresh for a long time.”

“We are in the most exciting period for art forms.

“We are at crossroads with great yesteryear masters holding the fort with what constitutes traditionalism and

the new young blood who understand and respect this tradition and at the same time, are not afraid to get out of their comfort zone and rewrite what constitutes traditionalism or for that matter what we believe to be normal.”

Among the others who performed at the festival were violin duo Ganesh and Kumaresh, vocalists Abhishek Raghuram and Nityasree Mahadevan, singers-music directors M Jayachandran, Sankaran

Namboothiri, Sreevalsan
Menon and Lalu Sukumar.

Bahrain Band Majaz will showcase their skills today along with a Kathak dance performance by Bahraini Khalil Alashar.

Tomorrow is a classical instrumental night featuring Mysore Nagaraj and Dr Mysore Manjunath on violin, accompanied by Thiruvaroo Bhakthavalsalam on mridangam and Alappuzha R Karunamoorthy on tavil and Giridhar Udupa on ghatam.

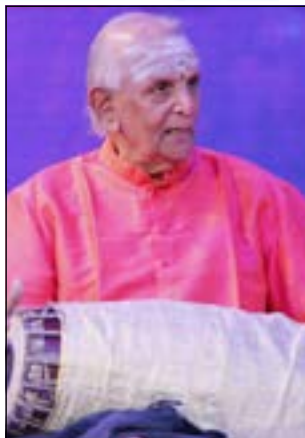
Veena exponent Rajesh

Vaidhya and his team will take to the stage on Friday.

The grand finale will be held on Saturday with world renowned Sarod trio Ustad Amjad Ali Khan and his sons Aman Ali Bangash and Ayaan Ali Bangash performing on stage.

The festival is curated by one of India's foremost art directors Soorya Krishnamoorthy, the founder of Soorya, one of the largest cultural bodies in Southeast Asia with chapters around the world.

27 years with 'lots of friends in Bahrain', also expressed surprise that she did not visit or perform in Bahrain for almost 10 years. A former RJ with *Radio Asia*, the first Malayalam radio in the



GCC, and a Bharathanatyam exponent, Asha runs the Kairali Kalakendra in Dubai which caters to 3,500 students.

“Students in the Gulf are keen to learn dance as an art form and not just limit themselves to competitions and performances,” said






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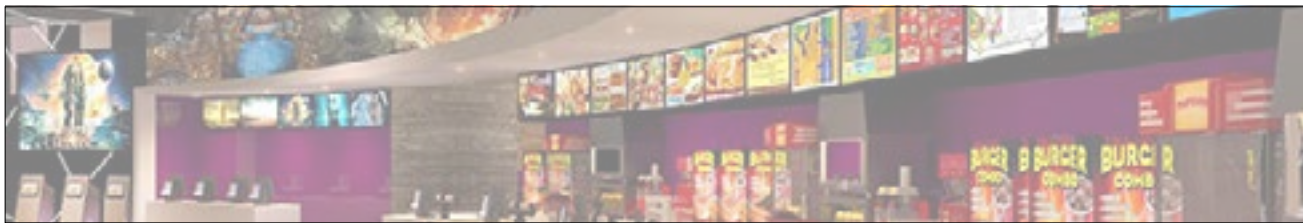
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Culture

A sneak pe Daphne's S

ART REPORT
By MAI AL-KHATIB CAMILLE
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MIXED media artists from across the region are exhibiting their colourful contemporary works in a three-day showcase starting tomorrow in a bid to share their culture and creativity through art.

Internationally acclaimed artist Daphne Votanopoulou has rallied painters, photographers and sculptors from different countries to feature their pieces in her event titled, Daphne's Showroom, at The Park in Bahrain Bay.

"I came up with the concept after participating in the World Art Dubai 2022 where I met artists from all over the globe," said the 33-year-old from Greece, who works as the chief operations officer of TG Digital Marketing and lives in Juffair.

"There are so many talented artists in Bahrain and I wanted to curate an exhibit that will bring together people from different countries and cultures under one colourful roof.

"There will be artists from Bahrain, the UAE, Kuwait, Saudi Arabia, Greece and more. Some artists are participating



physically while those living abroad will have their work displayed digitally on a big screen at the venue."



PRETTY IN PINK: Another nature piece from Roa



ABSTRACT ART: Philippe Pam



Weekly

Week into Showroom

BEAUTIFUL BLISS:
By Irina Kotova



More than 20 artists from the UAE, Kuwait and Saudi and 15 from Greece, France and Ukraine are taking part, besides 14 artists from Bahrain.

"I'm so thrilled about how people reacted to the open art call," said Daphne, who studied graphics and arts and received her Bachelor's from the Art & Design College - Middlesex University of London. She is also certified in the Management of Successful Arts and Cultural Organisations from the University of Maryland, the US.

"It means a lot to me to see so many participants and it shows that they really believe



ELEGANT STALLION: Daphne's piece



CREATIVE CURATOR: Daphne

in my vision of bringing all artists together to celebrate our works," added Daphne, who will be featuring more than 15 of her paintings in oil, acrylic and engrave on canvas.

"Each of my artwork has been inspired by my emotions," she explained. "It comes out naturally. The style I love most is the combination of expressionism and



ATTENTION TO DETAIL: Art
by Roa Al Madani

photorealism. This style is what gave me access to great exhibitions and competitions in countries including Switzerland, the US, Bahrain, Italy, Greece and Dubai.

"I am looking forward to sharing my passion with everyone at the exhibit and visitors will be able to meet the artists as well while admiring their work."

The showcase will open its

doors at 7pm tomorrow.

People can visit the venue between 10am and 10pm until May 14.

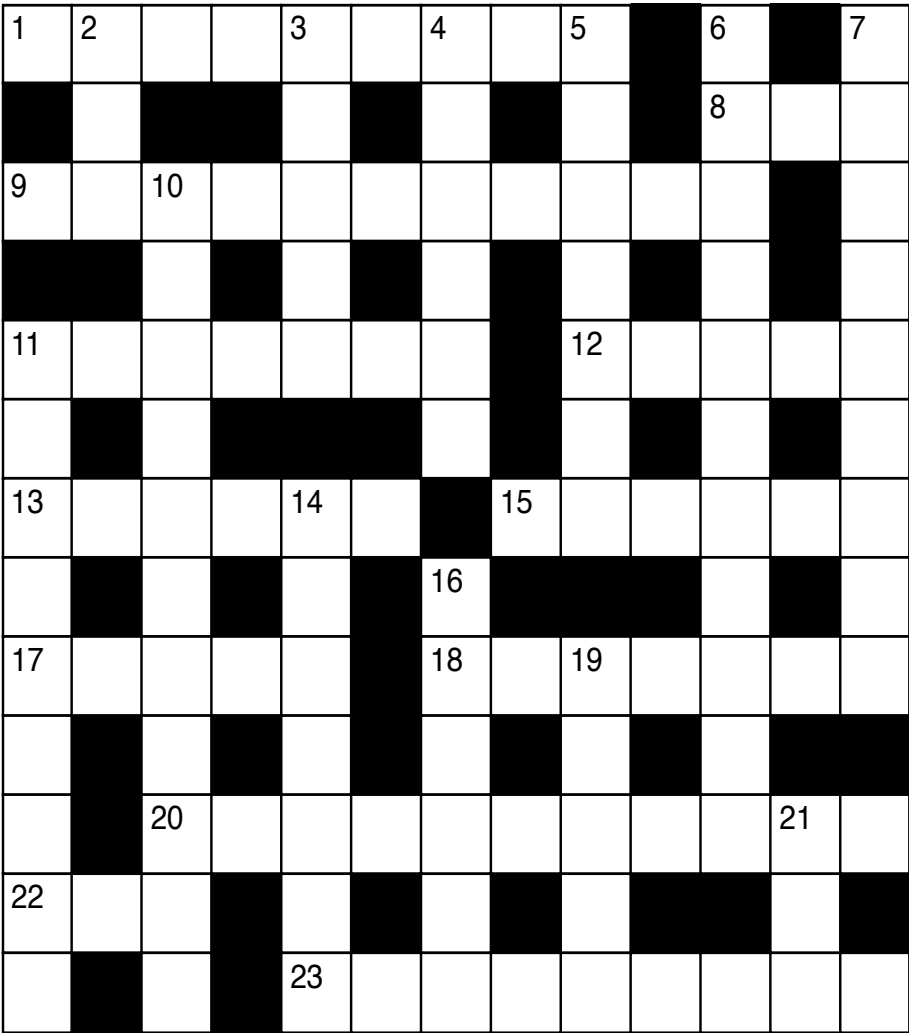
For details, follow @daphnes.showroom on Instagram.

Time Out



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crossword break



Solutions in next week's issue.

ACROSS

- 1. Very pretty (9)
- 8. Mat (3)
- 9. Sympathise (11)
- 11. Zealot (7)
- 12. Scrub (5)
- 13. Notoriety (6)
- 15. Flag (6)
- 17. Happen (5)
- 18. Hobby (7)
- 20. Doubt (11)
- 22. Sailor (3)
- 23. Crisis (9)

DOWN

- 2. Self (3)
- 3. Contort (5)
- 4. Savage (6)
- 5. Communication (7)
- 6. Foreboding (11)
- 7. Unawareness (9)
- 10. Make (11)
- 11. Silliness (9)
- 14. Wonder (7)
- 16. Scanty (6)
- 19. Argot (5)
- 21. Spasm (3)

who, what, where, when

WHO...wrote the plays *Bouncers* and *Up 'n' Under*?
WHAT...was Sri Lanka known as before 1972?
WHERE...in Europe would you spend a zloty?
WHEN...did Al Pacino pick up a Best Actor Oscar for *Scent of a Woman*?
WHO...wrote the children's books *Fungus the Bogeyman* and *The Snowman*?
WHAT...type of creature is a chocolate hind?
WHERE...in Britain are the Scott Monument and Holyrood Park?
WHEN...did Mother Teresa die?

just so

WOLL

H₂OT



DRACULA
DRACULA
DRACULA

darn tough sudoku

So you think you're good enough at Sudoku to crack this baby? Remember, we were the first in the Gulf to bring you this bit of Japanese mayhem...so we don't kid around

Last week's sudoku

6	2	3	8	4	1	9	7	5
5	1	7	9	3	6	2	8	4
4	8	9	2	5	7	1	3	6
8	4	6	7	9	2	5	1	3
3	5	1	4	6	8	7	9	2
9	7	2	5	1	3	4	6	8
7	6	5	3	2	9	8	4	1
1	9	4	6	8	5	3	2	7
2	3	8	1	7	4	6	5	9

2	3	7	8	5	6	4	9	1
6	4	5	1	2	9	7	3	8
1	8	9	4	7	3	5	6	2
4	6	3	7	9	8	1	2	5
8	7	1	2	6	5	3	4	9
5	9	2	3	1	4	8	7	6
7	2	4	9	8	1	6	5	3
9	1	6	5	3	7	2	8	4
3	5	8	6	4	2	9	1	7

darn tough sudoku

9	5	1	6	3	2	8	4	7
2	7	6	4	1	8	3	9	5
3	4	8	9	7	5	1	6	2
1	8	7	2	4	3	9	5	6
5	2	4	1	9	6	7	8	3
6	9	3	8	5	7	2	1	4
4	3	9	7	6	1	5	2	8
8	6	5	3	2	9	4	7	1
7	1	2	5	8	4	6	3	9

Sudoku

		7	2					
	1				6	5	3	7
3		6		7		1		
5		2		6			1	9
1			4	2	8			
6						2	4	
		5		4				6
	6	1	3				5	2
	2		6		9	4	8	

Sudoku

		4	7		9	1		
	7						4	
6			8	4	5			
1	4			8			5	2
		8	5	6	2			
5	6			9			8	3
			9	5	3			
	9						3	1
		6	1		4	9		

Last Week's Leisure Solutions

CROSSWORD BREAK:

Across: 7 Choice;
8 Quaint; 10 Minster;
11 Thorn; 12 Ewer;
13 Anvil; 17 Tepid;
18 Earn; 22 Dwell;
23 Avarice;
24 Assent; 25 Rivals.

Down: 1 Scamper;
2 Pointer; 3 Acute;
4 Sustain; 5 Divot;
6 Stone; 9 Principal;
14 Feeling; 15 Capital;
16 Intense; 19 Ideas;
20 Feast; 21 Tacit.

JUST SO: Three is a crowd, Trial and error, Bow and arrow, Cut corners.

WHO, WHAT, WHERE, WHEN: Robert Mugabe; Red and blue; Lansdowne Road; 1918; Diane Keaton; Black Sea; Falmouth; December 26.

Darn Tough Sudoku

8				2	5			
			9				4	
	5	3	1				8	
						2		
1	4			7			9	8
		7		8				
	8				3	5	6	
	7				2			
			7	6				3

Your work pad space ...

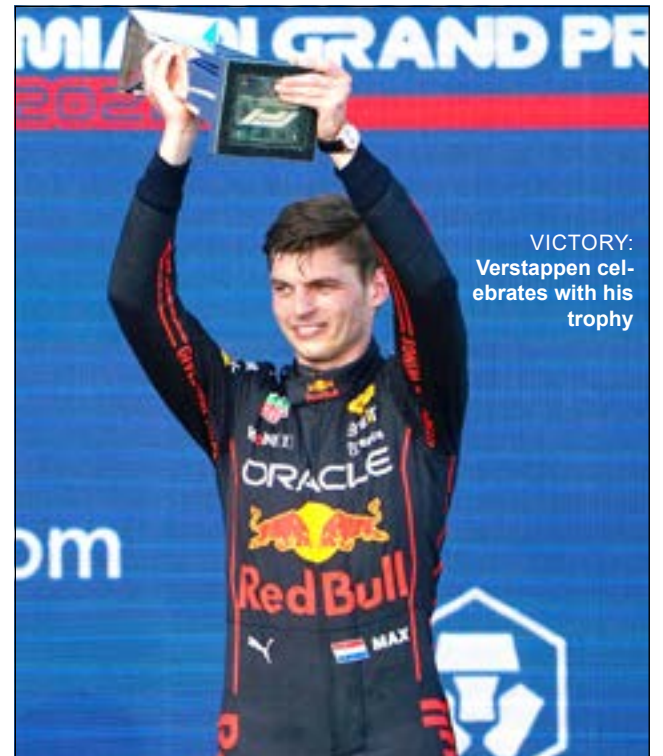
MotoringWeekly

The top motoring and motorsport news

Max wins in Miami



ROARING: Verstappen in action during the race



VICTORY: Verstappen celebrates with his trophy

FORMULA One world champion Max Verstappen won the inaugural Miami Grand Prix for Red Bull on Sunday, slashing Ferrari rival Charles Leclerc's overall lead from 27 to 19 points after five races.

Leclerc finished a fighting second, 3.786 seconds behind after starting on pole position, with Spanish teammate Carlos Sainz completing the podium at the Miami Dolphins' Hard Rock Stadium.

The victory was the Dutch driver's third of the season, and second in a row, and he made it happen with a crucial overtake around the outside on Sainz at the start to seize second place before blasting past Leclerc on the ninth of the 57 laps.

Verstappen, who also made sure of the bonus point for fastest lap, had looked to be cruising to victory until McLaren's Lando Norris collided with AlphaTauri's Pierre Gasly and crashed on lap 41, triggering the safety car. That allowed Leclerc to close the gap and get back into contention over the final 10 laps.

"It was an incredible Grand Prix," said Verstappen, who has won every race he has finished so far this season and was handed his winner's trophy by Dolphins NFL quarterback great Dan Marino. "(It was) very physical but I think we kept it exciting until the end."

The race drew a cast of A-list celebrities, sporting greats and a sellout crowd as Formula One basked in a wave of popularity fuelled by the Netflix docu-series *Drive to Survive*.

"It's been insane. I've never known such interest, such passion and a huge, huge event," said Red Bull boss Christian Horner. "I think it's been great for the American public to tune into Formula One. ... it's been a great event and an exciting race in the end as well."

What was a slow burner in the energy-sapping humidity provided some fireworks at the end with the safety car bunching up the field, putting Leclerc right on Verstappen's tail with five laps remaining.

"On the hard (tyres) we were very competitive and towards the end I thought I could get Max at one point but today they had the advantage in terms of pace," Leclerc said.

Verstappen's Mexican teammate, Sergio Perez, finished fourth, with Ferrari retaining the lead in the constructors' standings on 157 points to Red Bull's 151.

Perez, who lost speed with a sensor issue that the team fixed, tried to pass Sainz on

lap 52 but overcooked his move, with the Spaniard forcing his way back in front and staying there despite the Mexican's fresher tyres.

George Russell continued his record of finishing every race so far in the top five, with Mercedes team mate and seven-time world champion Lewis Hamilton sixth after a brief battle between the two.

Valtteri Bottas was seventh for Alfa Romeo with Alpine's Esteban Ocon eighth in a stirring fight back after being unable to take part in Saturday's qualifying due to a practice crash that forced the team to change his car's chassis.

Double world champion teammate Fernando Alonso ended up ninth and Alex Albon scored the final point in 10th for Williams.

There was heartbreak for Mick Schumacher, who had been having his best race to date and looked like taking his first point in Formula One until he collided with Aston Martin's Sebastian Vettel.

Vettel and teammate Lance Stroll had both started from the pit lane after a fuel temperature problem stopped them from going to the grid.



STARRY EVENT: Tom Brady and David Beckham are seen before the race

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SPORT REPORT

By MAI AL KHATIB-CAMILLE
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A YOUNG and ambitious Bahraini, Nadeen Yateem, is aiming to sweep through the 2022 Muay Thai World Championship in Abu Dhabi this month in a bid to clinch gold and inspire women across the island to take up the sport.

The fierce 22-year-old, who secured her spot on the kingdom's Muay Thai national team as the first Bahraini female fighter at the beginning of Ramadan this year, will be taking on the best players in the International Federation Muaythai Association's Senior World Championships from May 26 to June 4.

The contest will see the Under 23 and Elite divisions compete for podium positions at the pinnacle event for the world's top athletes. It will be the first in the qualification series for the World Combat Games 2023 in Riyadh, Saudi Arabia, with gold medallists directly qualifying and other finalists gaining valuable qualification points in the rankings race for the global event.

In preparation for this feat, Yateem is training twice-a-day, six-days-a-week, with Hamad Alsaleem, head coach and one of Bahrain's top Muay Thai committee members who recruited her to the national squad, in a bid to raise the kingdom's flag high and motivate women to go for whatever they believe in...as she did.

"My goal is to inspire women across the island to pick up this sport, or any other, because if



PROUD POSE:
Yateem with one of her awards

they put their minds to it, they can achieve greater things in life," said the video production manager from Tubli, who studied web media in Bahrain Polytechnic. "I believe it's never too late to join if you really wish to. I originally started with the intention of just being fit; however, the more I went to classes, the more I fell in love with it, particularly the seriousness and discipline associated with the sport. It made me see the sport in a different way: It's not just two people in a ring fighting each other; it's a lot of mental games - for your opponent, and yourself."

Muay Thai, sometimes referred to as Thai boxing, uses stand-up striking along with various clinching

I originally started Muay Thai with the intention of just being fit; however, the more I went to classes, the more I fell in love with it

techniques. It is fast-paced and combines both boxing and kicking in one swirling melee of a bout. In Thailand, it is known as 'the art of eight limbs', referring to the eight points of contact that are used to strike the opponent using fists, elbows,



ACTION:
Yateem in a past fight in Abu Dhabi



FEMALE TROUPE: Training with top ONE FC fighters

knees and shins. Clinching, sweeps and throws are also used strategically in modern Muay Thai to make it an all-rounded combat art.

There are many benefits of joining the sport. It is a great calorie-burner that strengthens the body and the mind, while also boosting the fighter's confidence. As a cardio-intensive sport, regular training can also reduce blood pressure and strengthen the heart. It is also an excellent self-defence skill, especially for children and women.

"This sport helps release the negativity and stress of your daily life in addition to gaining discipline," she said.

Yateem loved it so much that she pushed her trainer to put her into camps and prepare her to be a fighter

even when she had no battles coming up.

She competed in her first local in-house fight in April 2019, which she won, and secured a second fight five months later in Abu Dhabi's Cobra Gym, which unfortunately ended with a loss. However, she redeemed herself at the Dubai Muscle Show in 2019 that resulted in another win.

"Later on, I decided to go to Thailand to step up my training and got myself a pro-rules fight in Rawai National Stadium in Phuket," Yateem said.

Now, the brave woman is putting all her fighting experiences and non-stop tutelage from Coach Alsaleem to good use in the upcoming competition.

"It is tough but exciting as

I have to be mentally and physically prepared," she said.

"Trainings have increased with more intense workouts. I also have to watch my nutrition and food until the competition."

Yateem is grateful for her family's support throughout her journey and hopes that everyone gives themselves a chance to try something new as they might end up finding their passion too.

"As long as you believe in yourself and put your heart into something, you can achieve anything," she said.

"To all the women out there, I will always support you whenever I can, because there can never be enough strong women in the world!"

For details, follow @nyateem on Instagram.