



# Karida's School of Orientale Dance -----Studio News-----



March - April 2009

## Upcoming Events:

### Introduction to Balancing 10 am Sat, February 28

\$10 (by Feb 21) / \$12 after 2/21 or at the door

The challenge of dancing with an object balanced on top of one's head look tough, but really it's not! We'll teach you the "tricks of the trade".

### Introduction to Zills 10 am Sat, March 28

\$10 (by Mar 21) / \$12 after 3/21 or at the door

Finger Cymbals are a challenge - learning to sync your hands and your feet can be tricky. Karida will teach you several basic rhythms, keys for how to hear them and play them, then we'll layer them with footwork.

*Price Rollback!! See our website for details!*

[www.karidazahava.com](http://www.karidazahava.com)

## Late Spring 2009 Choreographies:

*(Classes begin the week of March 23-27!)*

### Level One Bellydance:

Mon 7:00 & Wed 5:30: Habbayatak (NEW!)  
Thurs 12:00 & Fri 4:45: Anani

### Level 2 Turkish (Thu 4:45): Ocean of Fire

You will need a big ruffled skirt for this highly energetic 'gypsy' dance.

### Level 2 Bellydance (Mon 5:30): Saalem Alena (NEW!)

A vibrant new choreography by Karida.

### Level 2 Beledi (Wed 7:00): Marco Polo

The original sword choreography by Nadia Alooma

### Intro to Bellydance: (Thurs 6:15): Raks Araby

A classic, much-loved choreo by Tedi

### Bollywood: (Tue 5:30) Dola Dola

A new choreography by Karida, featuring "Dandiya" - the celebratory stick dance.

**Don't forget our "Take Two" Special:  
register for any 8-week class and  
choose a second class for half price!**

## Registration & Boutique hours:

Mon - Wed: 2:30 - 5:30 pm

Thu - Fri: 1:30 - 4:30 pm

## 4<sup>TH</sup> ANNUAL KSOOD SPRING RECITAL!

7PM FRIDAY, MARCH 20

This event is open for all KSoOD students to perform in! Bring your family and friends and show off what you've learned! Admission is free and refreshments will be available! (Please, no video cameras)

Sign up sheets will be passed around in class to find out who would like to perform those choreographies learned in the past three semesters. Students from Early Fall or Late Fall 2008 not currently attending classes who would also like to perform should e-mail or call Karida to let her know!

### Review/practice night schedule:

Level One choreos: 6-7pm Wed March 18

Levels 2 & 3 choreos: 7-8pm Wed, March 18

## Recipe: Dereve Pattoug (stuffed grape leaves)

2 large onions, finely chopped	36 grape leaves
1/2 cup olive oil	water
1 cup short-grain rice	1 lemon, thinly sliced
1/4 cup pine nuts	1/4 cup olive oil
1/4 cup currants	1 lemon, cut into wedges
1 teaspoon allspice	1 cup yogurt
2 Tbsp fresh dill, chopped	

In a pan fry onion gently in olive oil until transparent. Add rice and stir over heat for 5 minutes. Add pine nuts, currants, allspice, dill, salt and pepper to taste. Cover and cook on gentle heat for 5 minutes. Remove from heat and set aside.

Blanch fresh or preserved grape vine leaves in boiling water for 3 minutes, adding them in 3 lots. As each is blanched, remove to a bowl of cold water, then drain well.

Spread a vine leaf on work surface, shiny side down, and place a heaped teaspoon of the rice filling towards stem end. Roll once, fold in sides and roll into a neat package. Repeat with remaining ingredients.

Line base of a heavy pan with 4 vine leaves and pack rolls, folded side down, in closely packed layers. As each layer is completed, place 3 thin slices of lemon on top before beginning next layer.

When all rolls are in pan, top with 3 lemon slices and cover with remaining vine leaves. Pour 2 cups water and olive oil over rolls and invert a heavy plate on top to keep rolls in shape during cooking.

Bring to a slow simmer, reduce heat, cover pan and simmer gently for 50 minutes. Remove pan from heat and leave until cool.

Carefully remove rolls to serving dish, discarding lemon slices. Serve at room temperature, or cover dish and chill before serving.

Garnish platter with lemon wedges and serve with a bowl of yogurt.