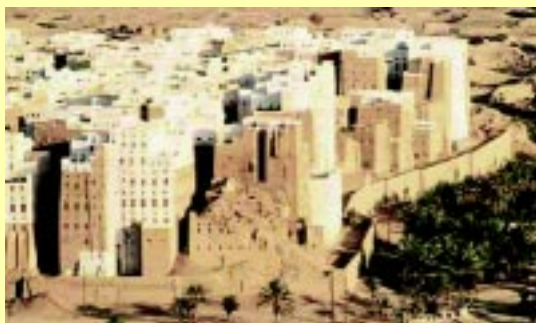


FRIENDS OF  
HADHRAMAUT



Those of you who follow what ICING does with the cash it raises will recognise that the Friends of Hadhramaut (FoH) were the recipients of a donation to improve the school facilities for children in the region. Pictures of the work have been carried in previous editions. The picture above is of Shibam, a UNESCO world heritage site.

To mark the 10th Anniversary of the foundation of FoH, Alan D'Arcy of the British Yemeni Society has agreed to lead a tour of the Hadramaut in 2007 with Sultana al Qu'ati as the guide. This will enable those who have contributed to the work of the society to see for themselves what has been achieved as well as seeing the various historical and archaeological sites in this beautiful area of Yemen.

The planned dates for the tour are currently scheduled to leave from the UK on the 14th November returning on the 21st or 24th Nov. The timings are scheduled to allow those who may wish to join the party from elsewhere to arrange to meet.

If leaving from the UK, the flight would be by Yemenia from Heathrow to Sanaa and then on by road to the region. Total numbers will dictate whether this is by 4WD or Coach.

FoH would like to know as soon as possible how many people might like to join them and you should contact them without delay if this appeals to you.

If flying from the UK, the cost including flights, internal transport and accommodation would be about £1000 if sharing a double room. A single supplement of about £150 would need to be paid if travelling alone.

FoH can be contacted via the website on [www.hadhramaut.co.uk](http://www.hadhramaut.co.uk) or by email to [hadhramaut@lionrampant.co.uk](mailto:hadhramaut@lionrampant.co.uk)

## Chef Michael's Kitchen



### Sweet Carrot Teriyaki Salad with Mushrooms (4 pax)

#### Ingredients

- ½ cup chopped carrots
- 4 tablespoons teriyaki sauce
- 4 tablespoons water
- 8 slices mushrooms (portabella, or button or any other mushrooms)
- 2 large garlic clove-minced
- ¼ teaspoon sunflower oil
- 3 cups shredded cabbage, best is bok choy
- 2 tablespoons red bell pepper roasted
- 8 ounces angel hair pasta (or vermicelli pasta)
- 8 ounces roasted chicken breast meat-shredded

- process the carrot and the water until carrot is well grated, add the teriyaki sauce and process until blended
- spray a wok and place over medium heat
- add the minced garlic and the diced mushrooms and toss until softened and aromatic ( 4 to 5 min)
- sprinkle generously with cracked pepper ( black or a blend)
- add the bell pepper and stir
- add oil if necessarily
- add the shredded cabbage and stir gently
- cook for about 3 min
- make a well in the center of the wok and add the carrots mixture
- heat gently
- incorporate the drained pasta then toss with the mushroom vegetables from the rim of the wok
- toss in optional crisp wontons
- serve cold as pasta salad or hot/warm as a light entrée or a side dish

This is a base salad. The sauces combine carrot juice with teriyaki without actually blending the two flavors. Other chopped vegetables might be added, it is especially good with steamed artichoke or baby corn, broccoli, fennel, snow peas, heart of palms.