

Issue 3
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ARIANA

Magazine

MEET THE ASPIRING ACTOR

INCLUDED:

AFGHAN MMA FIGHTER

AFGHAN WORLD TRAVELLERS

NEW AFGHAN MOVIE: SALAM LONDON

MEIRA OMAR'S SONG RELEASE

ACTRESS AZITA GHANIZADA

TABOO TALKS

POETRY

AND MORE

**YOUTUBER
DREW BINSKY
TRAVELS TO
AFGHANISTAN**

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Edited by: Tamem Khuram
Clothing: Zohras Afghan Boutique by
Mariam Khalil

Mejgan Lashkari

#tabootalks



Mejgan Lashkari is a Market Research Analyst but her goal is to be a full-time author in the future.

She started Taboo talks, over two years ago. Lashkari said: "Being an Afghan woman living in the diaspora is complicated, to say the least, what with having to navigate and negotiate between multiple identities, as an immigrant, as a Muslim woman, as an Afghan woman, as a woman of colour, and so on. There are issues we go through that very few will understand:

they range from unresolved trauma, mental illnesses, abusive, toxic relationships, racism, sexism outside and within our very own communities, and so on. To make matters worse, we come from cultures where speaking out is taboo. Who then do we turn to in times of need? Who can we trust to share our deepest struggles with? How can we heal if our communities refuse to acknowledge and address our problems? How can we stop the cycle of trauma and generational pain? These recurring thoughts prompted me to start #TabooTalks, a social media initiative that offers guidance and unconditional support to fellow youth members in our community, particularly women as they are the most vulnerable and neglected members of our community. #TabooTalks is a movement of resistance, acceptance,

and healing. The journey to healing is a long but worthwhile one." "I remember stories. Like the women who left toxic relationships. The mother of 2 who finally filed for divorce from her abusive husband. The couple who got their own home because their in-laws were causing too many problems.

Hazaras who felt proud of their identity. People gaining the courage to discuss taboo talks for the first time. I remember those moments and it fuels my passion to continue to serve my community. I have had many people share that #tabootalks has helped them far more than years of therapy. That speaks volumes, and it shows that our communities are suffering in silence-and suffering alone. I would like for us to end that. One story at a

time"



#tabootalks

"I hope my writing makes people feel accepted, validated and understood. I hope it makes people question everything they were so headstrong about. But most importantly, I hope my writing gives hope to people who feel alone, that there are so many souls just like them who feel the same way they do."



A&B FILMS PRESENTS

SALAM LONDON

WRITTEN & DIRECTED BY
ARASH ALIZAIE

PRODUCED BY
BIZHAN NEROMAND

STARRING

BIZHAN NEROMAND FARZONA SAIDOVA NILOFAR IBRAHIMI SHABIR QURAISHI
HASEEB SHADEMAN AMANULLAH KAKAR HOMYRA ANSARI BENYAMIN NEZRABI
REZA SAEEDI CRYSTAL KHAN BAHRAM SAYDZAI RAMIN ANWARY

ASSISTANT DIRECTOR **ARIANA ABAWE** CINEMATOGRAPHY **ARASH ALIZAIE & ARIANA ABAWE**
EDITING **TAHA KHAN & QAISER AZIM** MUSIC **FARDIN FARYAD, BASHIR HAMDARD & SHABIR QURAISHI**



<https://vimeo.com/ondemand/290300>



@salamlondonmovie



Photo credits: A&B FILMS
Model: Bizhan Neromand
Clothing: Zohras Afghan Boutique by Mariam Khalil Photo
edited by: Tamem Khuram @t.k.visuals

Shole-e-Zard

Shola-e-zard is a pudding often made for Nazer, which is a type of thanksgiving and also has a particular association with the 10th Day of Muharram when it is traditionally served with sharbat-e-rayhan, a basil seed sherbet, recipe by Helen Saberi.

Ingredients:

Serves 4-6

8 oz (225 g) short-grain rice
8 oz (250 g) sugar, or less,
according to taste
¼ tsp saffron
1 oz (25 g) chopped or flaked
pistachios
1 oz (25 g) chopped or flaked
almonds
1 tbs rosewater
½ tsp ground cardamom



Directions:

Soak the rice in water, well covered for a couple of hours, or longer. Boil approximately 3½ pints (2 litres) of water and add the rice. The water should come up to about 4" (10 cm) above the rice. Simmer the rice in the water slowly, stirring occasionally, until the rice dissolves and becomes like jelly. This can take 1 - 2 hours, or perhaps even longer. Add the sugar, saffron, chopped pistachios and almonds, rosewater and ground cardamom. Turn down the heat to very low and cook for another half an hour. Pour the warm shola on to a large serving dish and leave to set in a cool place for a couple of hours.

This recipe includes rosewater (ab-e-gulab) which has for long been used as a luxury flavouring (apart from its uses in medicine and as a perfume) in Afghanistan. It imparts a lovely delicate fragrance to special dishes for festive or religious occasions. It is considered 'cold' according to the principles of sardi/garmi and it is therefore often used to balance 'hot' foods and dishes such as rich sweets or desserts. It is sometimes added to pilaus and refreshing sherbet drinks. The strength and sweetness of rosewater can vary considerably and it is best to buy rosewater from Asian, Persian or Middle Eastern stores. Even so, it is advisable to taste it for strength before using and adjust amounts accordingly. By the way, always stir dishes containing rosewater with a wooden spoon. Metal ones will impart a metallic taste. Afghanistan still follows the ancient method for distilling rosewater, which I explain briefly on the right.



Explore Afghanistan at your doorstep



@arianathejournalist

Creative team:

Afghan dress and jewellery: @farasvogue

Outfits ready to purchase

Model: @khoshy_rabi

Capture: @hhstudiouk

Hair and styling: @duniahairandmakeup .