



# the Radschligger AWCD

an american woman's life in düsseldorf spring 2018

## JUST A TASTE

how fatima sadal is bringing  
pakistani flavor to germany

## A WHOLE NEW WORLD

planets being discovered  
by the thousands

## FLOATING ART

inside the wonderful  
world of karneval



humans of düsseldorf

## SPICING UP GERMANY

MEGAN MORRIS

**M**any know the beautiful, smiling face of Fatima Sadal, who does quite a few of our Cooking 101 classes in the club. Fatima is bubbly and wonderful to be around, and our members have learned how to spice up their cooking skills during her entertaining classes. At the suggestion of our Graphic Designer Jessica Nicholson, an avid attendee of the Cooking 101 classes, I was happy to interview Fatima and highlight this fabulous gem of a person.

Fatima is originally from Islamabad, Pakistan. She is now a German national and has lived in Germany for many years. Though many of the women I have met who are not from Germany (myself included) ended up in Germany by chance, Fatima studied German in Pakistan and came here on her own volition to further her studies.

She had originally intended to study French, but her family was visited one day by a German Ambassador who informed her that not many people in Islamabad studied German at all. So Fatima, along with her sister, studied German together and Fatima was awarded a scholarship to study at the University of Bremen.

Fatima fell in love with Bremen and with Germany altogether, and when she returned home after her studies she told her family that she wanted to move back. She married her husband in Pakistan and then moved back to Germany, this time to Aachen. After a short stint there they moved to Koblenz, and, upon the birth of their first son, they decided to move to Ratingen where they are currently settled.

*I just fell in love with the place, I just fell in love with the system. What I like about Germany is that you either have white or you have black. There's no gray, and it makes life so much easier.*





She was working at universities, but when her first son was born she made the choice to be a stay-at-home-mom so that she could raise her son and focus her attention on him.

*I was really happy at that time...I loved being a stay at home mom. It's a full time job, being a mother, which is not paid but at the same time it's a lot of the same routine, doing things again and again, and I loved doing that. What I really missed was... it was not enough I think, especially when my son started going to kindergarten and then it was quiet always.*

So Fatima started a food blog. She wanted to share recipes and to fill her time doing something that she enjoyed, and she soon gained an online following. She became pregnant with her second son during this time, but when she was contacted by VHS asking if she would like to do cooking classes, she enthusiastically agreed. However, before her first class, she learned that she was having complications with her pregnancy that would require five months of bed rest. These were the most difficult five months of her life. She was restless, and it was out of her nature to spend so much time doing nothing. When she gave birth, in her words it was a new life for her as well.

*It just brought the happiness back into my life.*

When her second son was 2.5 months old, Fatima gave her first cooking class. It was a difficult transition at first, as her son was used to having her around and cried the whole time she was gone for the first few classes, but it got easier. Soon she began offering more and more classes, and one day someone asked her if she would offer classes in English as well – up until that point she had only taught the classes in German. She had tapped into a market and was thriving, and her workload was getting bigger and bigger by the day. She didn't know if she could handle the increasing appointments and bookings, but her husband, whom she describes as "wonderful", told her simply,

*One of us should be able to follow their dreams, so if cooking is your passion then just do it.*

And so she did.

## Chef On Rhine

FATIMA SADAL

+49 176 6096 6275

info@chefonrhine.com

www.chefonrhine.com

## cook (or eat) with fatima

### COOKING CLASSES

Sign up for one of Fatima's upcoming classes through the AIWCD on the website. She also offers classes through her company, Chef On Rhine. Classes focus on many different types of cuisine, including Middle Eastern, Indian, Pakistani, Afghan, Persian, Mediterranean, English and Italian. Sign up for a scheduled class, or have Fatima come to your home for a private lesson. Classes are offered in English and German.

### CATERING

Having a party or gathering? Fatima caters! She will work with you to create a menu that fits your event and your budget.



Fatima's love of cooking is a deep passion that she has carried with her since childhood. When she was younger, she used to sneak into the kitchen with one of her brothers and they would try to make whatever they could think of to make. They mixed and baked, always very careful to clean everything spotless in hopes of keeping their experimentation secret, though their mother always knew what they were doing. She took cooking classes in Pakistan during her summers off from university. The classes were a far less hands-on than Fatima's are: a teacher would simply cook the food and explain what she was doing while the students looked on and took notes. Fatima was eventually not allowed to go to the classes anymore because they were quite pricey, and directly following the classes she would go to the store and buy bags and bags of ingredients to recreate every dish she saw. Needless to say, it was costing quite a bit to maintain this hobby, but even without the classes, Fatima's passion for cooking never dulled. She learned at any opportunity she could and experimented whenever she cooked.

After years of practice, she can proudly claim,

*I know spices, I know their science,  
I know everything about spices.*

Her favorite style of food to cook is Lebanese, though more than anything she loves playing with flavors. She enjoys mixing cuisines, but not in a fusion way. I like to think of her as an Innovative Traditionalist: sticking to the main traditions while putting a little twist on things. Her cooking fits perfectly with her personality and her outlook on life, it all seamlessly comes together to form who she is as a person: traditional, yet open to change and adventure.

*In my approach towards life, I think that I am a modern woman. I like being innovative, and I like sticking to my traditions. I love being called a Pakistani. I love being called a German as well. I believe one should never forget who you are. You should never forget your roots, or who you are, or what made you, and what you are aiming to become.*

I could not have put it better myself.

Photography courtesy of Christina Lorenz. [www.christinalou.de](http://www.christinalou.de)

## recipe time! tabbouleh

**FATIMA SADAL** – If you are looking for something fresh and delicious to enjoy during spring, why not try out this tasty dish?

80 g fine bulgur  
1 bunch of spring onions  
1 tomato  
1 cucumber  
250 g fresh parsley  
Handful of fresh mint leaves  
½ tsp salt  
1/3 tsp white pepper  
juice + zest of 2 limes  
5 tbsp olive oil  
1 cup fresh pomegranate seeds (optional)

Wash bulgur thrice in cold water and cover generously with enough water to moisten. Set aside for 15 min. Squeeze out the liquid by pressing between your hands.

Cut the tomato and cucumbers in small cubes. Chop the herbs. In a bowl, mix olive oil with the lime juice and season with salt and pepper. Add in the lemon zest.

Toss the cucumbers, tomatoes, bulgur, spring onions and herbs together in the bowl with the dressing. Add fresh pomegranate seeds. Serve immediately or place in the refrigerator to use later (up to one day).

