

Bangladesh

Asia

Menu

1. Chicken makhani

Ingredients:

- 2 lbs. chicken
- 1 cup yogurt (*dahi*)
- 1" piece of ginger
- 8 cloves garlic
- 2 Tbsp. lime juice
- 4" stick of cinnamon
- 8 cloves
- 8 cardamoms
- 10 black peppercorns
- 1 Tbsp. oil
- 2 1/4 lbs. tomatoes
- 1 Tbsp. white pepper powder
- 2 Tbsp. cream
- 1 lb. butter
- Salt to taste
- Coriander (cilantro) for an optional topping

Directions:

Make a smooth paste by mixing the yogurt, garlic, ginger, lime juice, cinnamon, cloves, cardamoms, peppercorns, and oil. Marinate the chicken in this for 6 hours. Bake the chicken in a preheated oven for 10 minutes at 250°F (130°C). Cut tomatoes, put them in a pan (no water) and boil. When the quantity has dropped by half, strain through a fine sieve. What comes out of the sieve is the tomato sauce. Take a pan, start heating the sauce, and add the butter. When the butter is melted, add the white pepper powder, salt, fenugreek leaves and cream. Mix the chicken pieces into this sauce. You may like chopped coriander (cilantro) as a topping. Serve hot.

2. Cooked rice (*basmati*)

Consumption comparisons

Percentage of children underweight

United States of America: 1%

Bangladesh: 56%

Life in Bangladesh

Bangladesh, formerly East Pakistan, is located in southern Asia on the Bay of Bengal. It is one of the world's most densely populated and fastest growing countries in the world. Such factors have led to high unemployment. Bangladesh is primarily an agricultural country with rich farmland and major crops of rice and tea.

Typical meal

A typical Bangladeshi meal consists of mutton, chicken, fish or eggs, and vegetables. It is usually cooked in a hot, spicy sauce of mustard oil, watery yellow lentils, and plain rice.

Halima helps in the kitchen



Halima Khatum, 9, helps in the kitchen by breaking sticks for the cooking fire. World Vision has been working with families, like Halima's, in the Phulpur Area Development Program which lies within the Mymensingh District of Bangladesh, since 1984.

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