

India

Asia

Menu

1. Peanut soup

Ingredients:

- 2 cups crushed roasted peanuts
- 2 Tbsp. cumin or coriander powder
- 2 tsp. hot red pepper powder
- 2 tsp. turmeric
- 2 tsp. salt
- 4 Tbsp. fresh coriander leaves (cilantro), chopped
- 6 cups water
- 2 Tbsp. vegetable oil
- 2 tsp. each cumin, mustard seeds, and sesame seeds

Directions:

Mix peanuts, cumin or coriander powder, hot red pepper powder, turmeric, salt, fresh coriander, and water together in a bowl. In a saucepan heat the oil, cumin, mustard seeds, and sesame seeds. When the seeds pop, add the peanut mix. Bring to a boil, remove from heat, and serve.

2. Cooked rice

3. *Chapatti* (whole wheat flat breads)

Ingredients:

- 2 cups whole wheat flour
- 1 tsp. salt
- 1 Tbsp. vegetable oil
- 3/4 cup warm water

Directions:

Knead dough and cover for 2 hours. Make 10 1-1/2 in. diameter balls, dip each into dry whole-wheat flour and roll out into thin 6 in. circles. Cook on a medium high heat flat surface until bubbles begin to form on top. Turn and repeat on the other side, and then remove from heat and butter the *chapatti*.

4. Carrot salad

Ingredients:

- 1 Tbsp. crushed roasted peanuts
- 2 carrots, shredded
- 1 tsp. salt
- 1 tsp. sugar
- 1 Tbsp. vegetable oil
- 1 tsp. each cumin, mustard seeds, and sesame seeds
- 1/2 tsp. cumin or coriander powder
- 1/2 tsp. hot red pepper powder
- 2 Tbsp. fresh coriander leaves (cilantro), chopped

Directions:

Mix peanuts, carrots, salt, and sugar in a bowl. Heat vegetable oil, cumin, mustard seeds and sesame seeds in a saucepan until seeds pop. Add the remaining ingredients to the mix. Combine the carrots and the marinade, mix well, and chill.

Consumption comparisons

Percentage of children underweight

United States of America: 1%

India: 53%

Life in India

India is the second most populous nation in the world. Approximately 70 percent of Indians depend on agriculture to earn a living, but drought or a poor harvest can lead farmers to leave home in search of other opportunities.

Typical meal

A typical Indian meal consists of starch, beans, and vegetables.

Barilin's education



Had it not been for World Vision's sponsorship program, Barilin would be working and helping her mother. Instead, she is receiving educational support.

References:

Millstone, Erik and Tim Lang. *The Penguin Atlas of Food: Who Eats What, Where, and Why*. 2003. Penguin Books: New York.