

## Lesotho

Africa

### Menu

#### 1. Papa

##### Ingredients:

- 2 cups water
- 4 cups *maize* (white corn meal)

##### Directions:

Boil water; add *maize* and stir until it begins to harden. Let sit for 5 minutes, stir and leave for 5-10 minutes.

#### 2. *Moroho* (steamed cabbage)

#### 3. Fat cakes

##### Ingredients:

- 2 cups wheat flour
- 1/8 tsp. salt
- 1 tsp. cream of tartar
- 3 Tbsp. butter
- 1 egg, beaten
- Oil or fat for deep frying
- 1 1/2 cups sugar
- 1/3 cup water
- 1/2 tsp. cinnamon

##### Directions:

Mix flour, salt, and cream of tartar together into a bowl. Cut in the butter with two knives until the consistency is like coarse sand. Add the egg and toss lightly with a fork until the mixture forms a ball of dough. Roll out 1/4 inch thick on a lightly floured surface. Cut circles and roll in the shape of cornucopias, so that one end is closed and the other open. Heat fat to 385° in a deep saucepan. Drop a few pieces in at a time. Fry until they rise to the surface. Remove immediately and drain. Combine 1 cup of sugar, water, and cinnamon in a saucepan. Boil until syrupy, about 5 minutes. Dip each cake into the syrup, and roll in the remaining sugar.

### Consumption comparisons

#### Percentage of children underweight

United States of America: 1%

Lesotho: 16%

### Life in Lesotho

Lesotho is a small, landlocked country surrounded entirely by South Africa. Life is a struggle for almost everyone due to poor farmland, lack of industry, and limited natural resources. Lesotho is heavily dependent upon South Africa for manufactured goods, transportation links, and employment. With few jobs in Lesotho, many men go to work in South Africa's gold mines.

### Typical meal

Most people have porridge and a piece of bread in the morning. Lunch and supper consists of papa with a few vegetables such as cabbage. Protein is scarce; some children only have one piece of meat in a school term. The diet is largely fat and starch.

### Leholohonolo holding dinner



Leholohonolo Folonko is 6 years old and he is holding a plate of theepe leaves, his family's food ration for the day. He is the youngest of six brothers in a child-headed household. While AIDS is likely to dramatically reshape Southern Africa's social structure, the sad fact is that it has already disrupted the lives of the six Folonko brothers living in Mapoteng, Lesotho who lost their parents.

#### References:

Help Lesotho. 2006. <http://www.helplesotho.ca/aboutlesotho.html> Accessed May 24, 2006.

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