

Malawi

Africa

Menu

1. Nsima

Ingredients:

- 6 cups water
- 2 cups millet (or substitute with corn meal)
- 1 Tbsp. butter

Directions:

Heat the water and gradually add the millet or corn meal until mix is boiling. Stir well and boil gently. Mix should be smooth. Avoid lumps. Add butter.

2. Masamba (greens)

Ingredients:

- 1 lb. kale, spinach, or collard greens
- 1/2 tsp. salt
- 4 medium tomatoes, chopped
- 4 Tbsp. peanut powder (prepare peanut powder by grinding roasted peanuts in blender until fine and powdery)

Directions:

Put greens in just enough boiling salted water to cover. Cook over medium heat until soft, adding more water as needed to keep them from sticking. After a minute or so, put the tomatoes and peanut powder on top of the greens but do not stir. Simmer 15 minutes and serve with Nsima.

3. Tilapia

Ingredients:

- 4 Tilapia filets
- Salt, chili powder, and lemon to taste

Directions:

Clean a fresh Tilapia, split it open, make fine cuts on the fish, and apply a mixture of salt, very hot chili powder, and lemon and cook on a barbecue.

Consumption comparisons

Percentage of children underweight

United States of America: 1%

Malawi: 30%

Life in Malawi

The people of Malawi pride themselves on their friendliness. Malawi is nicknamed the “warm heart of Africa.” Malawians typically live with their extended families in huts that are clustered together. A spirit of cooperation prevails as family members share both work and resources.

Typical meal

Imagine a daily meal consisting of rice, greens and a few grasshoppers. For a child in Malawi, that can be a typical meal.

Alick's survival



Alick Kazunga, one-year-old, is with her mom Chrissy Kazunga, 25. Chrissy says: “We came here from Msungu, a small village about a four hours walk from here. I had another child but he died from malaria. My other child died from epilepsy. We struggle to have one meal per day. Sometimes we dig up banana roots, pound them into 'flour' and eat them. When I pray I ask God for seeds (for crops of food). That is all I ask. I work hard, but how can I do what is right when I do not have strength?”

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