

Mali

Africa

Menu

1. Cooked millet couscous (or whole wheat couscous)

2. Bassi salte

Ingredients:

- 3 Tbsp. peanut oil
- 4 lbs. chicken
- 2 minced leeks
- 3 onions, coarsely chopped
- 2 large potatoes
- 3 small turnips, peeled and cut in chunks
- 3 carrots, cut in thick slices
- 1 large zucchini, cut in 1/2 in. slices
- 1 lb. squash, cut in 1 in. chunks
- 3 small eggplants, cut in 1 in. chunks
- 1 can tomatoes, drained
- 1 cucumber, cut in 1/2 in. slices
- 1 stalk celery, cut into thirds
- 1 bay leaf
- 1 Tbsp. thyme and 1 Tbsp. parsley
- 1 habanero chili
- 7 cups water
- 1 cup canned beans, drained

Directions:

Heat the oil in a Dutch oven and brown the chicken, leeks, and onions. Stir occasionally. Add vegetables, except beans, and cook until lightly browned. Add the water and spices to the mix. Bring to a boil. Lower the heat, cover and simmer for 1 1/2 hours (or until chicken is thoroughly cooked). Add the beans and serve hot over couscous.

Consumption comparisons

Percentage of children underweight

United States of America: 1%

Mali: 40%

Life in Mali

Mali is one of the five least developed countries in the world. High population growth, variable rainfall, recurrent droughts, and the degradation of natural resources have contributed to the continuing decline of food production in the region.

Typical menu

The typical diet of poor families is just a mixture of millet flour and water.

Nutrition education in Mali



Nicola Thra is holding eggs. After World Vision educated his village about nutrition, his father, Niti, said, "We didn't even know that eggs were good for children. We thought that (milk) and porridge were enough."

References:

Harris, Jessica B. The African Cookbook: Tastes of a Continent. Simon and Shuster: New York. 1998.
Millstone, Erik and Tim Lang. The Penguin Atlas of Food: Who Eats What, Where, and Why. 2003. Penguin Books: New York.