

# Mauritania

Africa

## Menu

1. Cooked rice
2. Cooked lentils
3. Salt cod

### Ingredients:

- 2 lbs. salt cod
- 2 sliced onions
- 4 spring onions, finely chopped
- 6 sliced green chilies
- 2 Tbsp. coriander spice
- 8 Tbsp. vegetable oil

### Directions:

Soak and wash salt cod pieces in cold water. Do this at least three times over a half hour period. Drain and set aside. Place cod in a saucepan with enough cold water to cover. Bring to a boil and simmer for ten minutes until tender. Remove from pan and hand-break into small pieces. Heat oil in a frying pan and fry salt cod until nearly golden brown. Stir in the rest of the ingredients and continue to stir-fry until onions become transparent and cod turns a rich golden brown color. Serve hot as an accompaniment for rice, with lentils.

## Consumption comparisons

Percentage of children underweight

United States of America: 1%

Mauritania: 23%

## Life in Mauritania

Mauritania gained independence from France in 1960. It is now a highly centralized Islamic republic dominated by a strong presidency.

## Typical meal

Mauritanians live on a simple starchy diet of couscous or rice. Families can rarely afford meat or fish. Fruit, most of which is imported, is considered a luxury. Vegetables are not popular as they are expensive and hard to grow in the desert soil.

## Maimouna studies despite hunger pains



Maimouna Sy, 9, is an extremely malnourished child who lives in Nouakchott, Mauritania's capital. Her father earns less than \$50 a month; not nearly enough to feed Maimouna and her six siblings. Maimouna tries to do well in school although she finds it very difficult to concentrate because she is fighting hunger pains.

### References:

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