

Senegal

Africa

Menu

1. Fish

Ingredients:

- 2 lbs. cod, de-boned and cleaned
- 1 cup tomato puree
- 1/4 cup dried fish
- 2 diced onions
- 1 of each vegetable, wash and chopped: carrot, cabbage, yam, okra, eggplant, turnip, fresh tomato, fresh hot pepper, tamarind fruit, parsley, and garlic
- Bissap leaves, salt, cooking oil

Directions:

Roll the dried fish in the bissap leaves and tie with a string. Put cooking oil in a pot and heat until it is very hot. Add the diced onion and cook for 1 minute. Stir in the parsley and garlic; then season with salt and pepper. Stuff the cooked mixture inside the fish. Fry the fish gently in cooking oil for 15 minutes. Add the tomato puree, stirring occasionally for 5 minutes; then add the remaining vegetables. Add water and boil for another 3 minutes. Remove the fish and the vegetables and place them on a plate. Add the rolled dry fish to the pot and cook for another 15 minutes.

3. Cooked rice

Place the fish and vegetables at the center of a large plate or tray. Put the cooked rice around the fish. Pour the tomato sauce with the rolled dry fish over the rice.

Consumption comparisons

Percentage of children underweight

United States of America: 1%

Senegal: 22%

Life in Senegal

Senegal families live in round mud huts with either a thatch or tin roof. Most of the families World Vision is working with are subsistence farmers who are barely able to grow enough food for their children. They rarely have extra crops to sell to provide for their children's basic needs.

Typical meal

The people of Senegal survive on fish and rice, which is what the majority of people eat there because it is available to everyone.

Devoted sisters



Sponsored children Soukey Sall, age 6, and her sister, Aissautou, age 5, benefit from the East Kaolack Area Development Program which provided water to nearly 500 villagers.

References:

Food and Agriculture Organization of the United Nations. Rice Recipes.

2004. <http://www.fao.org/rice2004/en/recipes.htm>. Accessed June 6, 2006.

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