

Swaziland

Africa

Menu

1. Pumpkin soup

Ingredients:

- 1 onion
- Fresh coriander to taste
- 1/2 cup butter
- 1 can of pumpkin
- 2 potatoes, peeled and diced
- Lemon juice to taste
- 2 cups chicken stock

Directions:

Chop onion and coriander with lemon juice and place in a hot pan with the melted butter. Cook until soft. Place pumpkin and potato in the pan and cook for one minute. Add the chicken stock and cook until potatoes are tender. Put soup into a blender, puree and serve hot.

2. Cooked rice

3. Blackened fish

Ingredients:

- 3 lbs. Tilapia or substitute cod
- 4 Tbsp. Cajun blackening spice
- 1/2 cup natural yogurt
- 2 Tbsp. lemon juice
- 4 fresh mint sprigs
- 1 head iceberg lettuce
- 2 Tbsp. fresh dill weed

Directions:

Cut the fillet into strips and dust with blackening spice. Heat a skillet pan with a touch of olive oil and cook the strips for about thirty seconds, take care not to over cook, as this will cause the fish to break up. Serve with yogurt, dill weed, mint sprigs, and lemon juice over the iceberg lettuce.

Life in Swaziland

The majority of Swaziland's people make their living in agriculture. Sugarcane, cotton, maize, rice, and pineapples are just some of the crops they grow in the country's fertile soil. Many of these farmers have only small plots of land and they struggle to grow sufficient food for their families. Rarely do they have any crops left to sell for income that might provide necessary items such as clothing and education for their children.

Typical meal

Traditional Swazi staples are maize, milk, and vegetables. Maize is most typically eaten as porridge or turned into a fatty stew.

Sicelo is enjoying a meal



Sicelo is together with his peers having some of the UNIMIX provided by UNICEF in collaboration with the World Vision Gilgal Area Development Program. This is probably their last meal of the day.

References:

World Travel Tips. Swaziland. 2005.

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