

Zambia

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 corn meal until mix is boiling. Stir well and boil gently. Mix should be smooth. Avoid lumps. Add butter.

2. Ndiwo (collard greens with peanut powder)

Ingredients:

- 2 lb. chopped collard greens
- 2 large tomatoes, chopped
- 1 cup raw peanut powder
- 4 cups water
- 1 tsp. baking soda
- 1 tsp. salt

Directions:

Pour 2 cups of water into medium-size cooking pot. Add baking soda and stir until thoroughly dissolved. Place pot on medium heat. Add chopped collard greens and the chopped tomato. Cook on medium to high heat for 5 to 8 minutes. Add raw peanut powder, salt, and remaining water. Stir thoroughly and lower the heat to below medium. Cover and simmer for 15 to 20 minutes stirring every 2 to 3 minutes to prevent bottom from burning.

Consumption comparisons

Average calories per person, per day

United States of America: 3,699

Zambia: 1,970

Percentage of children underweight

United States of America: 1%

Zambia: 24%

Life in Zambia

Zambia has been independent since 1964. Most Zambians are of Bantu origin. The country's official language is English. Life in Zambia can be difficult for both adults and children. Even today, almost half of the population lacks access to safe water. This leads to medical problems and affects the quality of life for individuals, families, and entire communities. Recurring droughts also are a concern because they threaten the food supply. Rural Zambians usually live with their extended families in huts that are clustered together. A spirit of cooperation prevails as family members share work, assets, and the experiences of daily life.

Typical meal

A typical meal is Nsima with legumes (beans) or pumpkin leaves. It can also be served watered down into a soup.

Mutwele's still hungry



With tears streaming down her face, Mutwele eats the last morsels of lunch, which she complains is not enough.

References:

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