

Hunger Cook Book

Overview

The Hunger Cookbook Activity is a way to educate students and the community on global hunger. For this activity students find recipes for a country or region. Along with these recipes, students also research hunger-related issues for that country or region. Through this activity, students will learn about customs in other countries as well as issues related to hunger in those countries. The final product will be a cookbook with recipes and information from around the world! Copies can be made so each student gets to keep a cookbook.

Goals

- To encourage youth to learn about different cultures
- To increase youth awareness of world and local hunger related problems

Materials

- Research materials: Internet, library, books, magazines, etc.
- Printer and paper
- Copier (if you wish to distribute and/or sell the cookbook)
- Craft materials: construction paper, markers, scissors, glue, etc.

Directions

1. Assign or have each student pick a different country from around the world to be their focus.
2. Each student should find 2-3 typical recipes from their country.
3. Each student should write an “overview” of that country (geography, language, etc.) as well as develop an overview of the hunger-related issues that country faces (for example, poverty, drought, etc.).
4. Students should decorate their recipe and information pages. Use the craft materials to decorate the pages appropriately depending on the country. Students can include a picture of the food, historical information, local art and pictures, fun facts, and any other interesting information students find on that country.
5. Students should turn in the recipe and information pages when completed.

6. The students should put the recipes and information in order (for example, in alphabetical order or by region).
7. Create a table of contents.
8. Students should work together to design a cover for the cookbook. The cover should include elements from their assigned countries.
9. Assemble the cook book: Cover, table of contents, country recipe then information page, etc.
10. Have the student present their portion of the cook book to the class.

Variations

- Students can create a section in the class cookbook for local hunger facts and recipes.
- Along with information about hunger related issues, students can also incorporate interesting or fun facts from their country.
- This project can be an in-class activity or a take-home assignment.
- Copies of the cookbook can be sold to raise money for local food banks. *

**If the cookbook is to be sold, it is important to list the source for each recipe (i.e., the cookbook or the website URL) with the recipe.*

Evaluations Questions

Hunger Cookbook

County_____

Name of Program_____

Age: 9 10 11 12 13 14 15 16 17 18 19

____Male ____Female

Where I live is considered to be ____Urban ____Rural

Race: ____White ____African American ____Hispanic

 ____Native American ____Asian ____Other:

Think about your thoughts and beliefs prior to your participating in this activity and then after your participation in this activity.

	Before Activity			After Activity		
How much had you thought about global hunger issues?	Very Little 1	Some 2	A lot 3	Very Little 1	Some 2	A Lot 3
How much do you know about hunger-related problems?	Very Little 1	Some 2	A Lot 3	Very Little 1	Some 2	A Lot 3
Is world hunger is an issue you are concerned about?	Very Little 1	Some 2	A Lot 3	Very Little 1	Some 2	A Lot 3
Do you feel hunger affects people all over the world?	Very Little 1	Some 2	A Lot 3	Very Little 1	Some 2	A Lot 3

Hunger Cookbook Example



Southern Food

Good Ol' Alabama Sweet Tea

INGREDIENTS

- 2 cups Sugar
- 1/2 gallon Water
- 1 tray Ice Cubes
- 3 family sized Teabags of Orange Pekoe Tea
- 3 cups cold water, or as needed



DIRECTIONS

1. Pour the sugar into a large pitcher. Bring water to a boil in a large pan. When the water begins to boil, remove from the heat, and place the teabags in. Let steep for 5 to 6 minutes.
2. Remove tea bags, and return tea to the heat. Bring just to a boil, then pour into the pitcher, and stir until the sugar is dissolved. Fill the pitcher half way with ice, and stir until most of it melts. Then fill the pitcher the rest of the way with cold water, and stir until blended.

Southern Collard Greens



INGREDIENTS

- 1 1/2 quarts Water
- 1 1/2 pounds Ham Hocks
- 4 pounds Collard Greens, rinsed and trimmed
- 1/2 teaspoon crushed Red Pepper flakes (optional)
- 1/4 cup Vegetable Oil
- Salt and Pepper to taste

DIRECTIONS

1. Place the water and the ham hock in a large pot with a tight-fitting lid. Bring to a boil. Lower the heat to very low and simmer covered for 30 minutes.
2. Add the collards and the hot pepper flakes the pot. Simmer covered for about 2 hours, stirring occasionally.
3. Add the vegetable oil and simmer covered for 30 minutes.

West Coast

Grilled Salmon Skewers

INGREDIENTS

- 1 pound Salmon fillet without skin
- 1/4 cup Soy Sauce
- 1/4 cup Honey
- 1 tablespoon Rice Vinegar
- 1 teaspoon minced fresh Ginger root
- 1 clove fresh Garlic, minced
- pinch of freshly ground black Pepper
- 12 fresh Lemon wedges
- 12 skewers



DIRECTIONS

1. Slice salmon lengthwise into 12 long strips, and thread each onto a soaked wooden skewer. Place in a shallow dish.
2. In a bowl, whisk together the soy sauce, honey, vinegar, ginger, garlic, and pepper. Pour over skewers, turning to coat. Let stand at room temperature for 30 minutes. When finished marinating, transfer marinade to a small saucepan, and simmer for several minutes.
3. Preheat an outdoor grill for medium-high heat.
4. Lightly oil grill grate. Thread 1 lemon wedge onto the end of each skewer. Cook skewers on the preheated grill for 4 minutes per side, brushing often with marinade, or until fish flakes easily with a fork.

Northeast

Clam Chowder

INGREDIENTS

- 6 slices Bacon, diced
- 2 stalks Celery, diced
- 1 Onion, diced
- 1/4 cup Butter
- 2 tablespoons all-purpose Flour
- 3 (8 ounce) jars Clam Juice
- 1 quart Half-and-Half Cream
- 4 cups minced Clams
- ground White Pepper, to taste



DIRECTIONS

1. In a medium skillet over medium heat, cook bacon, celery and onion until onion is translucent. Remove from heat and set aside.
2. In a large saucepan, melt butter over medium heat. Whisk in flour to form a roux, cooking until bubbly. Whisk in 1 jar of clam juice, until smooth. Stir in onion mixture. Pour in half-and-half, stirring constantly. Stir in clams, reduce heat and simmer 30 minutes.
3. Season with pepper and serve.

Hunger persists in the U.S.

(Source: www.bread.org)

- 35.1 million people, including 12.4 million children, live in households that experience hunger or the risk of hunger. This represents more than one in ten households in the United States (11.0 percent).¹
- 3.9 percent of U.S. households experience hunger. Some people in these households frequently skip meals or eat too little, sometimes going without food for a whole day. 10.8 million people, including 606 thousand children, live in these homes.¹
- 7.1 percent of U.S. households are at risk of hunger. Members of these households have lower quality diets or must resort to seeking emergency food because they cannot always afford the food they need. 24.4 million people, including 11.8 million children, live in these homes.¹
- Research shows that preschool and school-aged children who experience severe hunger have higher levels of chronic illness, anxiety and depression, and behavior problems than children with no hunger.²

CUBA

Barbecued Jerk Chicken

- 4 boneless Chicken breasts
- 6 oz Soy Sauce
- 4 oz White Wine Vinegar
- 2 Garlic Cloves, roughly chopped
- 1 Onion chopped
- 2 oz Vegetable Oil
- 2 tbsp Brown Sugar
- 1 tbsp dried Thyme
- 1/2 tsp Allspice
- 1/2 tsp ground Cloves
- 1/2 tsp ground Nutmeg
- 1 Jalapeno Pepper, roughly chopped



Directions

1. Place all the ingredients, except the chicken, in a food processor and process until smooth.
2. Make 4 parallel cuts about ½ inch deep in each chicken breast and place in a shallow dish.
3. Pour the puréed mixture over the chicken and rub it in with your hands, making sure the mixture gets into the cuts.
4. Cover and refrigerate for 4 to 6 hours or overnight.
5. Grill over medium coals for 15-20 minutes turning occasionally and basting with any remaining marinade or until cooked through.

Cuba's Food Insecurity:

(Source: www.wfp.org)

The already affected food security of Cuba's vulnerable groups has deteriorated as a result of fewer commercial partners – mainly those of the former Soviet block – and crop losses caused by intense drought. Despite government efforts, food availability (particularly in the five eastern provinces) is well below needs.

The eastern region of Cuba – encompassing the provinces of Guantánamo, Granma, Santiago de Cuba, Las Tunas, Holguín, and Camagüey — faces the worst drought in the past 10 years, making the general population food insecure. The main problem caused by the drought and the lack of water is the deterioration of the nutritional state of the population, particularly the state of vulnerable groups (children, pregnant and lactating women, and adults over 65 years old), since most of the food for these people comes from irrigated agriculture.

INDIA

Cucumber Salad:

- 2 peeled Cucumbers
- 2 Cloves Garlic
- 2 cup Plain Yogurt
- 1 tsp Garlic Powder
- 4 tbsp Vinegar
- 1 tsp Salt
- 1/2 tsp Fresh Ground Pepper
- 2 tbsp Fresh Dill



Preparation

- Slice cucumber lengthwise and remove seeds.
- Dice the cucumber and add remaining ingredients. Mix thoroughly and chill at least 1/2 hour before serving.

India's Food insecurity

(Source: www.wfp.org)

Nearly 50 percent of the world's hungry live in India, a low-income, food-deficit country. Around 35 percent of India's population (i.e., 350 million) are considered food-insecure, consuming less than 80 percent of minimum energy requirements.

Nutritional and health indicators are extremely low. Nearly nine out of 10 pregnant women aged between 15 and 49 years suffer from malnutrition and anemia. Anemia in pregnant women causes 20 percent of infant mortality. More than half of the children under five are moderately or severely malnourished, or suffer from stunting.

Philippines

Noodles with Chicken, Shrimp and Sausage:

500g thin fresh Egg Noodles
500g raw Shrimp
3 tbsp Cooking Oil
4 cloves Garlic, crushed
6 Onions, finely sliced
1 cup shredded cooked Chicken
250 g Chorizo Sausage, sliced
1 cup shredded Cabbage
3 tbsp Soy Sauce
3 tbsp fresh Coriander Leaves



Method :

- Fill a large pan with salted water and bring it to the boil. Cook the noodles for 5 minutes or until the noodle is tender.
- Rinse under cold water, drain and spread in a single layer on paper towels.
- Allow to dry for about 30 minutes.
- Peel and devein the shrimp. Then dry-fry the heads, tails and shells in a frying pan for about 5 minutes, or until they turn bright orange.
- Add 1 cup of water to the pan, bring to the boil.
- Reduce the heat slightly and continue cooking until the liquid has reduced to about a quarter.
- Add another 1/2 cup water and bring to the boil. Reduce the heat and simmer for 3 minutes.
- Strain the liquid and set it aside, discarding all the shrimps heads, tails and shells.
- Heat 1 tablespoon of cooking oil in a large wok. When the oil is very hot, add a quarter of the noodles and fry until golden all over. Turn when necessary.
- Remove the noodles from the wok and repeat with the remaining noodles, adding more oil when necessary.
- Add another tablespoon of oil and fry the garlic and spring onion over low heat until soft before removing from the pan.
- Add the shrimps and chicken and fry until golden. Remove from the pan.
- Add the chorizo and cook until the color turns brown.

- Add the cabbage, soy sauce and shrimp cooking liquid, and cook over high heat, stirring all the time until the liquid has reduced by a third.
- Return the noodles to the wok and the garlic, spring onion, chicken and shrimps. Toss well until heated through.
- Season with salt and black pepper, scatter over the coriander and serve immediately with lemon wedges.

Philippines Food Insecurity:

(Source: www.wfp.org)

After closing in 1996, WFP is re-establishing a presence in the Philippines with programs designed to support the ongoing peace process in Mindanao, the southern Muslim-populated region. The agency will focus on providing assistance to areas affected by the conflict between the Government and the Moro Islamic Liberation Front (MILF), where there are large numbers of internally displaced persons and high rates of malnutrition.

WFP will work in close collaboration with Government counterparts at the national, provincial and local levels, as well as non-government organizations, donor agencies, UN partners and communities. These partners will assist in the implementation of the program as well as contribute complementary inputs.

Mindanao, particularly the Autonomous Region for Muslim Mindanao (ARMM) and adjacent provinces, are those defined as "conflict-affected" areas where people have been affected by successive displacements. These areas share poverty indicators far below the national average.

Over 50 percent of the population in the region is living below the national poverty line of 60 cents per person per day. Approximately 30 percent of the children under five years of age are stunted, and the rate of children completing primary education is 33 percent, half the national average.

****Supplemental countries and recipes for you to find
Poverty and Food insecurity information!****



Japan

Teriyaki Fish

3 Tbsp Soy Sauce

3 Tbsp Mirin

4 (1/4 to 1/2) pound fillets Fish (halibut, salmon, tuna, etc.) or Chicken or Turkey Breast

Flour

2 Tbsp Vegetable Oil

12 to 20 Okra

In a large bowl, mix soy sauce and mirin.

Marinate fillets in this teriyaki sauce for 30 minutes to overnight.

Wipe the surface of fillets lightly and sprinkle flour on both sides.

In a skillet, heat oil and brown both sides of fillets at high temperature.

Turn down the heat to medium-low and add the rest of the teriyaki sauce.

Shake the skillet to mix the fillets with the sauce.

Add okra and cook until meat and okra are done. Yield: 4 servings

Italy

Pasta:

Pound Long Pasta-Either Dried Spaghetti or Fresh Fettuccine

1 Cup Fresh Chopped Parsley

2 Medium Cloves Of Garlic, Minced

1/2 Cup Olive Oil

Zest & Juice Of Two Lemons

3/4 Cup Toasted Pine Nuts

Salt & Pepper

To Serve:

Lemon Wedges



Mix together the oil, garlic, parsley, and lemon zest and juice. Season with salt and pepper. Add the toasted pine nuts, stir well, and allow to sit for a couple of hours for the flavors to meld. Cook the pasta in boiling salted water until it is al dente. Just before draining, remove a small cup of pasta water.

Drain the pasta, and return it to the pot with the lemon sauce over high heat. Add a little pasta water to prevent it from drying out. As soon as it is piping hot, remove from the heat and serve. Scoop the pine nuts off the bottom of the pot to top the pasta, and serve with a wedge of lemon.

Optional: Grilled shrimp are very tasty on top of this pasta too!

GREECE



Souvlakia (Grilled Meat on Skewers)

- 1 1/2 lbs. Lamb or fillet of Veal or lean Pork
- 2 Tbsp chopped Onion
- 1 Tbsp Oil
- 2 Tbsp chopped Parsley
- 2 small Tomatoes
- 1 tsp Origan leaves
- Bay Leaves
- Salt and pepper to taste

Cut meat in small pieces the size of walnut. In a bowl mix onion, parsley, salt and pepper. Dip meat in this mixture. Use metal or wooden skewers about 5-6 inches long. Cut tomatoes in quarters and each quarter in two, crosswise. Pass 6-7 pieces of meat on each skewer, alternating with tomatoes and bay leaves. (Tomatoes should be pierced through skin side to prevent falling off skewer.) Broil for about 15 minutes and sprinkle with chopped origan leaves. Serve with the skewers, accompanied by a green salad and garnished with sliced tomatoes. Serve meat while hot as it becomes tough when cold.

RUSSIA

Russian Brown Betty

Ingredients:

8 large Apples
1/2 cup Water
1 cup Sugar
1/2 cup Raisins
1 tsp Orange Rind
1 tsp ground Cinnamon
1/4 cup finely chopped Nuts
4 cups crumbled dark Rye Bread
3 Tbsp salad Oil
1 tsp Lemon Rind
1/2 tsp ground Cloves
Dry Bread Crumbs
4 Tbsp tart Jelly or Jam



Directions:

Peel and core the apples. Cut them in eighths.

Add to the water 1/2 cup of the sugar, the raisins, orange rind, and cinnamon.

Simmer the apples with this mixture until just tender. Add the nuts when the apples are tender.

The bread should be at least 1 day old. Crumble and fry it for 5 minutes in 2 tablespoons of oil. Add the lemon rind, cloves, and the rest of the sugar.

Brush the inside of a fireproof casserole with the remaining oil.

Dust with fine bread crumbs. Put in 2 cups of the fried bread. Cover with the apples and 1 cup of bread. Spread with jelly or jam. Top with the remaining bread.

Bake 1 hour in a medium oven (350°). Serve hot or cold with a pitcher of sweet cream.

China



Egg Drop Soup

Ingredients:

- 1 qt. Chicken or Pork Broth
- 1 small bunch Watercress or 10-12 fresh Spinach Leaves (crosswise in half)
- 1 small package Cellophane Noodles softened in hot water (drained) or 1 cup cooked egg noodles
- 1 large Egg (slightly beaten with 1/4 tsp salt)
- 3/4 tsp salt
- 1-2 Scallions (chopped)
- 1/4 tsp Black Pepper
- A few drops Sesame Oil (optional)

Directions:

Bring broth to a boil. Add watercress or spinach and noodles. Bring soup to another boil. Slowly pour egg mixture into boiling soup, holding egg container about 12 inches above pot. Stir in salt. Remove pot from heat. Gently stir remaining ingredients into soup.

Thailand

Pineapple Fried Rice

This is an all-around favorite. You will find this dish on almost every Thai restaurant's menu. It is also fun to make, because you can actually serve it in the pineapple!

Ingredients:

- 1 Pineapple, medium sized
- 4 oz. sliced Chicken
- 3 tablespoons of chopped Shallots
- 1/2 tablespoon Ginger, ground
- 1 tablespoon of chopped Cilantro
- 2 tablespoons of dried Shrimp
- 3 tablespoons of Garlic, coarsely chopped
- 2 tablespoons of Fish Sauce
- 1 teaspoon Sugar
- 2 cups steamed Rice



Directions:

1. Cut the pineapple in half lengthwise, and scoop out the fruit. Cut the fruit into bite sized chunks.
2. In a large skillet, heat a tablespoon of oil, and fry the dry shrimp until crispy. Set it aside, and drain the skillet.
3. Add one more tablespoon of oil, and fry the garlic until it becomes golden brown. Turn to medium/high heat. Add in the rice, and stir.
4. Add in the fish sauce and sugar; continue to stir for about a minute. Add in the pineapple and the shrimp that you set aside earlier, and continue to stir for about another minute.
5. Put the contents into the halved pineapple, and serve. Garnish with some fresh cilantro and/or sliced beets.

England

Tea Loaf Recipe

Ingredients:

350g Mixed Fruit
200g Soft Brown Sugar
270g Self-Rising Flour
3/4 Pint Freshly Made Tea
2 Medium Eggs



Directions:

Make the tea; I use Yorkshire Tea (loose leaves).
Pour over the Fruit and Sugar, and leave to soak overnight (or longer if you like tea, I left it soaking for a week once and it was a fine loaf).

After the Fruit and Sugar has soaked in the tea, for however long you like, mix the Flour and beaten Eggs with the Fruit and Sugar and cook in a greased 2lb Loaf Tin in a pre-heated oven at 150°C (300°F, Gas Mark 2) for 1.5 hours. Cool on a Wire Rack and serve sliced with butter.

Germany

Roast Pork Loin in Beer Sauce

Ingredients:

For marinade:

1/2 cup Dijon mustard

1 large Onion, chopped

1/2 cup Honey

3 cups Beer (not dark), preferably German



3 1/2-pound boneless Pork Loin, tied (3 to 3 1/2 inches wide)

2 tablespoons Vegetable Oil

Beurre Manié, made by rubbing together 1 tbsp softened unsalted butter and 1 tbsp flour

Directions:

Make marinade:

In a large saucepan stir together marinade ingredients. Bring marinade just to a boil, stirring (marinade will rise and foam), and remove pan from heat. In a blender purée marinade in 2 batches, transferring it as puréed to bowl. Cool marinade to room temperature and spoon off any remaining foam.

In a large heavy resealable plastic bag combine pork and marinade and seal bag, pressing out any excess air. Put bag in a baking pan and marinate pork, chilled, turning bag once or twice, at least 8 hours and up to 24. Let pork in marinade come to room temperature, about 40 minutes. Transfer marinade to a saucepan and bring just to a boil.

Preheat oven to 375°F.

Pat pork dry with paper towels and season with salt and pepper. In flameproof roasting pan heat oil over moderately high heat until hot but not smoking and brown pork on all sides. Roast pork in middle of oven, basting frequently with some marinade, until a meat thermometer registers 155°F.

For slightly pink meat, cook 1 to 1 1/2 hours. Transfer pork to a cutting board, reserving juices in roasting pan and discarding string. Let stand, covered loosely with foil, about 15 minutes.

While pork is standing, skim and discard fat from pan and add remaining marinade. Deglaze roasting pan over moderately high heat, scraping up brown bits. Bring sauce just to a boil and strain through a fine sieve into another saucepan. Bring sauce to a simmer and whisk in beurre manié, bit by bit, whisking until sauce is combined well and thickened slightly. Serve pork, sliced, with sauce.

France

BASIC CREPE BATTER RECIPE

The toppings are endless, but you can always use one basic Crepe Batter Recipe to make crepes.

Ingredients:

200 g [7 oz] Flour

1 Egg

1/2 liter [17 fl oz] Milk

25 g [1 oz] melted butter

2 pinches Salt

For sweet crepes, add 3 tbsp Sugar and 1 tbsp of Rum



Method:

- Put the flour, salt (and sugar) in a salad bowl, dip a shaft and put the (whole) egg in. Turn with a wooden spoon and add the melted butter. Turn gently until you have incorporated all the flour (add some milk if you need but just enough). Now that the batter is soft but not liquid you have to turn very sharply so as to eliminate the lumps and obtain a homogeneous mixture. Finish pouring the milk slowly while turning. Leave the batter for at least one hour before cooking.

To prepare:

Turn the batter. Heat a non-stick pan, put a light knob of butter in (swirl the pan to distribute the melting butter; the pan must be hot enough to hear the butter fry but not too hot for the butter must not get brown!), pour a small ladle of batter on the pan while swirling it to distribute the batter evenly (this is the important trick!). Don't forget crepes must be very thin! Cook until golden brown, turn the crepe upside down and cook the other side the same way. Put it in a large plate, stuff it and fold it into 4, or roll it. Repeat for each crepe.

PETITES CREPES TOMATE-MOZZARELLA

Small Crepes with Tomatoes and Mozzarella

- Prepare a batter as above; preheat the oven at 150C / 300F.

- Cook 2 small crepes per person in a small crepe pan or non-stick pan.

- Fill the crepes with 1 slice of fresh tomatoes covered with 1 slice of mozzarella cheese; top with a spread of olive oil, salt and pepper.

- Fold the crepes in half, display them in an oven dish and heat them for a couple minutes to melt the cheese and serve right away with lettuce. Do not heat too long, the crepes must stay soft!