



INDIA

# SPICED SQUASH AND TOMATO SOUP

## Ingredients *(serves 4)*

6 large tomatoes	1 teaspoon of ground cumin
1 large onion, finely diced	1 teaspoon of ground cinnamon
1 clove of garlic, finely chopped	1 teaspoon of salt
1 small pumpkin or other seasonal squash, peeled and cubed	Red chillies, as many or few as you want, depending on how hot you like your soup
1½ pints of water	Coriander

## Method

1. Boil tomatoes for five minutes and leave to cool.
2. Heat oil in a saucepan; add onions, garlic and chillies and cook until they become aromatic.
3. Peel the skin of the cooled tomatoes. Be careful as they can burn once boiled. Add the tomatoes to the onions, garlic and chillies.
4. Add the water and the diced squash and leave to boil for 20 minutes or until the squash is soft.
5. Take off the heat and allow to cool a little. Then using a hand blender, blend the ingredients until the consistency is smooth.
6. Place back on a medium heat and add the cinnamon, cumin and salt, stir and leave to simmer for 15 minutes. Serve in a bowl and garnish with fresh coriander.

**Chandramma Moligeri** is one of the oldest women members of a Decan Development Society (DDS) sangham or women’s group. A dalit, she lives on the margins of Bidekanne village in Andhra Pradesh, India. Before she joined the sangham, she farmed only 1.5 acres of land.

‘We were very poor, we had no food and we were at rock bottom.’

Through improving her biodiverse farming methods and growing mutliple crops including healthy millets, she has grown her assets to 20 acres of land. ‘If there was no DDS, I don’t know how my life would have been. We would have been working on a scrap of land and most of the time dependent on the landlords... I grow about 30 different crops during the year now,’ she beams proudly.





## THE PHILIPPINES

# SAGADA SOUP

### Ingredients *(serves 4)*

2 kg tomatoes (you can even include many green ones)	1 litre of broth (chicken or vegetarian)
1 tablespoon of vegetable oil	1 cup of coconut milk
2 cloves of garlic, chopped finely	Fresh pepper to taste
2 shallots, finely sliced	

### Method

1. Wash and chop the tomatoes.
2. Fry the garlic and shallots until light brown.
3. Add all the tomatoes and let it fry for another five minutes, stirring frequently.
4. Add the broth, cover it and let it simmer for 40 minutes, stirring occasionally.
5. Add the coconut milk and let it simmer for another 10 minutes.
6. Before serving you can add some chopped chives or any fresh herbs you may have at hand.

**Manang Carmen Ananayo** helps run the Desama citrus farm funded by Christian Aid. She mobilises and organises the Desama women to help work on the organisation's farm, which has been set up as an alternative to mining. She is a member of Desama, the anti-mining organisation in Didipio working to prevent destruction of the local community and environment by a mining company. Manang Carmen is also a barangay (local government) councillor and is fighting a case against a mining firm to prevent it gaining water rights to the rivers on which all the community depends. She says it will harm women especially, who depend on the mountain water to feed their livestock and vegetables and to run their households.





## KENYA

## KENYAN STEW

**Ingredients** (serves 4)

4 chicken breasts, chopped	Garlic paste
1 medium onion	3 tablespoons oil
4 tomatoes, chopped	1 tablespoon cornflour
1 green pepper, chopped	1 pint of water
Fresh coriander, chopped	

**Method**

1. Fry the chicken in a pan with a drizzle of oil until lightly browned. This should take approximately 15 minutes.
2. Add the onions along with the garlic paste.
3. Stir in the tomatoes and pepper, then add the water and bring to the boil.
4. Turn heat down and add the chicken and leave to simmer for 15 minutes.
5. Sift in the cornflour to thicken and leave to simmer on a very low heat for a further 15 minutes.
6. Serve and garnish with the coriander.

**The Katiku family** in the drought-prone Usugu village, east Kenya, have been able to grow crops on their land despite no rain for four years, thanks to the help of Ukamba Christian Community Services (UCCS), a Christian Aid partner. UCCS built a small sub-surface dam in a nearby river which pumps water up on to their land. With the farming techniques that Makula Katiku has learned on UCCS training days, he is now able to grow enough food to feed his family and sell the surplus at the market. With the extra money he is able to educate all five of his children, build his own house and buy extra livestock.



**ETHIOPIA**

# ETHIOPIAN VEGETABLE STEW (ALECHA WAT)

**Ingredients** (serves 8)

1 onion	4 green peppers
4 carrots	2 teaspoons of salt
4 medium-sized potatoes	1 teaspoon of ground ginger
1 green cabbage	3 cups of water
1 can of tinned tomatoes	4 tablespoons of vegetable oil
2 fresh tomatoes	

**Method**

1. In a large saucepan sauté the chopped onion in the oil until soft but not brown.
2. Add the carrots, peeled and cut into one-inch slices; the green peppers, cleaned and cut into quarters; three cups of water; the tinned tomatoes; the salt; and half the ground ginger.
3. Cover with a lid and cook for 10 minutes.
4. Add the potatoes cut in thick slices.
5. Plunge the fresh tomatoes in boiling water, leave to cool then remove skins. Cut into eight wedges each and add to mixture.
6. Cover and cook for 10 minutes.
7. Cut the cabbage into one-inch wide wedges and add to mixture.
8. Cook until vegetables are tender.
9. Season to taste and serve.

**Keria Abdul Selam** is a lucky woman. She and her husband, Nasro, live alongside the Chanchos spring, saving her from the gruelling task of spending many hours each day walking for water. But until the water was capped recently, Keria had to filter her water every time she collected it. As well as capping the water and training community members as health promoters, Water Action has also supported the community to plant seedlings on the hillside to protect against damaging flood waters. For Keria and her husband, the future is full of promise.

