

Workshop



AFRICAN MEAL

Target group exchange about different ways of life

Group size 1, 2, 3 or 4

How much time?

preparation

How much time? 1h30-2h00

Which material? for the cooking: big dishes and ingredients

for the decoration: tissus, photos, music



objectives

- By cooking and eating in a traditional way, to question the children about different ways of life and make come a discussion which consider the differences between children's life in Africa and in Europe.
- Learn how to cook rice with peanut sauce
- Discover other tastes/aliments (plantain banana, peanut paste in a meal)
- Have fun

how to do it

- Cooking
- Decorating the place, with african music
- Eating in a traditional way, explaining why it's like that, etc.

important to know

The recipe!

Ingredients (for 10 people) :

- Peanut paste : almost 300g
- Tomato concentrated : almost 300g
- Maggie : 2
- Peppers : 3-4
- tomatoes : 2-3
- oignons : 5-6
- Cabbage: a quarter/a half
- Water (a lot, almost 1.5l)
- Meat (chicken or beef, depends of your taste)
- Rice

To cook oignons and peppers in little peaces in oil in a big dish. To put in peanut paste, tomato concentrate and water with the Maggie.

To put tomatoes and the cabbage in (in peaces), to leave the water boiling off (shouldn't be too liquid).

To mix really often (to don't burn it down)

When the cabbage is cooked, it's ready! (for the sauce)

To cook the rice a bit longer (it should glue a bit to be eaten with hands)

If you want to put meat, you can cook it in an another dish and add it after.

And for the "aperitif": plantain bananas.